

The PACIFIC HEALTH JOURNAL

MONTHLY

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Aug., 1901

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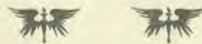
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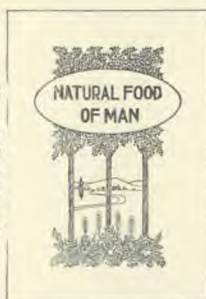
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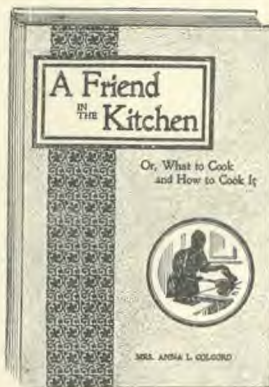
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PACIFIC HEALTH JOURNAL

A SOUND MIND IN A SOUND BODY

VOL. XVI.

ST. HELENA, CAL., AUGUST, 1901.

No. 8

NATURAL HEALING

BY A. J. SANDERSON, M. D.

To the sick the question of getting well is a matter of vital interest; and the efforts of man for the recovery of health are innumerable. In the world of medicine we find almost everything used as remedies, many of which claim to have the inherent power of curing almost every disease; and yet we find that man does not universally obtain health.

The sick man should have that which will restore him to life and health in the most natural way. The elements which cure people are the same which keep people well. The whole natural processes of the human body are built for health, for life, and the continuance of life. As far as the conditions within are concerned, they are all perfect. The laws which govern the body, like those which govern the universe, are faultless. There is nothing in the world that is self-destructive within itself. If we suffer, nature has been abused, her ways have not been allowed to prevail. Man is at variance with himself. We have departed from natural instinct and nature's teaching. Our ancestors and ourselves are responsible for all our ills.

But disease is not hopeless. Even the recognized incurables are seldom so in fact. The same power which creates, maintains; and the same power which maintains, heals. If we understand this process and a few of the fundamental principles which lie beneath life, and are willing subjects to right living, we will have no trouble in retaining and securing health.

The symptoms of our diseases are oftentimes merely efforts of nature to cure. A person who has lung trouble, coughs. The cough is not the trouble, it is the effort of nature to throw off the diseased matter. An individual has fever. This fever is merely a symptom of some condition. There is some poison in the system which nature is trying to oxidize; and so we find that nearly all the symptoms from which we suffer are but the voice of nature directing our minds to the best way to throw off disease. Seldom should this voice be smothered; but observe her efforts, and she will teach us what to do to get well.

It is true that symptoms sometimes become intense, and may call for temporary relief; but the wise physician, along with this temporary relief, will make his major effort to cooperate with nature in what she is doing. Instead of suppressing the cough, he will aid in the removal of the foreign substance

from the lungs. The fever will not be treated imperiously; but the poison of which it is a symptom, will be oxidized and eliminated in the most thorough and economical way.

Food, water, air, and sunshine, with the resultant heat and cold, are the external conditions which have most to do in shaping our environment. Exercise and rest of mind and muscle are the activities within which are the operating forces that determine what the development of our life shall be. When these conditions are natural, disease can not exist. Health and disease are antagonistic forces. They can not remain together without a conflict. The supremacy of one means the expulsion of the other.

When the individual has become sick, he has the resources of the same agencies which preserve health, to be used as a means of re-establishing health. If all these forces were understood thoroughly, and utilized to the best advantage, very few remedial measures outside these natural ones need be called upon to aid healing.

Heat and cold alone are resources which are capable of being utilized favorably in a large variety of diseased conditions. Cold is a tonic. It stimulates the fires of the body to produce a greater warmth, it helps to keep up the resistant power of the tissues, when a portion of the body or a certain organ becomes sluggish cold applications are one of the surest ways of re-establishing their activity, and when repeatedly applied in a wise way will lead to the cultivation of physical force and functional strength. Heat has about the opposite effect; it relaxes the tissues, and is liable to weaken them if continuously applied. As a means of relieving pain, and taking off the tension from tissues that may be in a spasmodic condition, it is very effectual, and also will aid materially in the way of causing free elimination. Heat applied to the surface of the body causes the skin to act with greater freedom. The drinking of hot water will favor the action of the kidneys and other eliminative organs. Alternate heat and cold can be applied in such a large variety of ways that even greater results can be obtained in the strengthening and cultivation of the functions of the body, as well as for the relief of the symptoms of disease and its elimination from the system.

In all diseased conditions it is not the malady alone that should receive attention, but the weakened, perverted actions of all the functions of the body need to be reorganized and strengthened. The blood, which is imperfectly circulating in various parts of the body, needs to again have an even distribution established. Digestion that is weakened because the currents of the digestive and digested fluids are obstructed, needs to have the channels of secretion and absorption reopened, and the proper muscular activities re-established. Likewise, all the functions of the body are perverted by the entrance of disease into the system, or rather by the prostrated condition of the system, which allows the entrance of disease. When a person truly appreciates the various abnormalities that are found in the system, he can, by means of the different natural remedies scientifically applied, readjust the functions of the body, and so fortify and strengthen its tissues that disease will lose its foothold.

Sanitarium, St. Helena, Cal.

IS IT ESSENTIAL TO WORK OUT OUR PHYSICAL SALVATION?*

BY DAVID PAULSON, M. D.

[Superintendent of Chicago Branch of Battle Creek Sanitarium.]

WHEN the necessity for taking systematic and regular exercise is urged upon the average individual, he is not likely to give the subject a very enthusiastic reception. Most people entertain the notion that they already work more than they ought to. Therefore, they consider that the subject of exercise is only of importance to students and dudes, and possibly, chronic invalids; when, as a matter of fact, there are plenty of mortals who are just like a machine which rusts out in almost as many places as it wears out. Some people ruin their usefulness on the instalment plan, by overworking some parts of the body, and allowing other parts, equally important, to shrink away for lack of exercise. Going through the ordinary routine of daily physical exertion that the average profession necessitates, may cripple the man, just as breaking one spoke out of a bicycle will destroy the wheel, while the other spokes may show no sign of wear. If the daily work were supplemented by suitable exercise, calculated to call into play unused muscles, then there would continue to be such a uniform development that many, instead of being ready to wilt away, might be but little short of modern giants.



When some famous pugilist has before him the prospect of an opportunity and possibility of mauling another man to death, he takes particular pains to secure a uniform physical development. There is so much at stake. But when a man has no greater object in view than simply to make the most of himself that he may fill the place in society that Providence intended that he should, then the inducement is scarcely sufficient to inspire him to give this matter even a moment's thought or consideration.



Adam's sentence that it would be necessary for him to work hard enough to sweat in order to secure his daily bread, instead of being a curse, was, in reality, a blessing. But the great majority of young men plan and scheme how they may dodge this sentence. The growing tendency of this time is to make a living by speculation, to secure, by some means, the gain that others have produced by their sweat. Individuals of this description resort to the Turkish bath rooms to perspire in a more comfortable way. But nature is too wise to err. The sweat that is produced by hot treatments is not nearly so poisonous as that which is produced by vigorous physical exercise. This was demonstrated by taking a certain amount of per-

* This article will be continued in the next number of the JOURNAL, with illustrations showing correct methods of taking proper exercise.

spiration produced by hot treatments and noticing how much it required to kill a rabbit when injected under its skin, and then having the same individual work sufficiently hard to produce a similar amount of sweat. It was then noted that it only required a fraction of the amount of sweat to kill a similar rabbit of same weight, thus showing that the perspiration produced by work was eliminating poison from the system in a much more satisfactory manner than could be secured by simply taking hot baths.

Divine Writ defined the source of Sodom's depravity to have been "pride, fulness of bread, abundance of idleness," and failure to help the poor and needy. The man who neglects to take sufficient exercise must pay the penalty by having various poisons heap up in his system, which irritate his nerves, thus making him a much easier prey to evil influences, and lay the foundation for many of the chronic diseases that are at present afflicting humanity. It was declared centuries ago that "the sleep of the laboring man is sweet;" and Bouchard, the great French investigator, has given the medical explanation for it by demonstrating that the excretions of the body the day following vigorous exercise were not nearly so poisonous as they were the day after one that had been spent in idleness. Inactivity, like the stagnant pool, allows waste matter and rubbish to accumulate in the system; while exercise not only eliminates these substances, but actually *destroys* many of them in the body. An excellent illustration of this is furnished by the horse that has been confined to his stall practically all winter. After the first long drive in the spring, his hair is covered with a perspiration so sticky and gummy that it can not fully evaporate. The condition of his blood resembles that of the sedentary man. After the horse has worked a few weeks, he ceases to perspire this kind of waste matter. And so, if the sedentary man would begin to take vigorous exercise, he would soon cease to perspire some of the fetid and offensive sweat which is so often recognized upon his taking the least exertion.



When a kitten is young and playful, taking abundance of exercise, his breath is sweet, and we do not object to having him on our laps; but when the old cat has become lazy, we recognize that he smells "catty." We are willing to have the young, active pup as a close companion; but when the old dog gets sedentary in his habits, his breath no longer smells sweet, and we insist that he must stay in the barn.

Lack of suitable exercise sometimes produces opposite results. In the case of some it is as the ancient philosopher declared, "The fool foldeth his hands together and eateth his own flesh." Little by little, the muscles, from disuse, grow more and more flabby. The body gradually loses its ability to make good, wholesome blood, and pronounced emaciation is the result. In the case of others, however, nature resorts to another expedient. Being unable to dispose of the food that is eaten up in building up normal, wholesome flesh, it simply stores it away in the form of fat. Such persons often transmit to their children a real abnormal tendency

in this direction; so while it is true that some obese persons have always done a reasonable amount of work, yet it is nearly always safe to conclude that they had lazy ancestors.

The country boy and girl become fascinated with the accounts they read in the newspapers of the colossal fortunes that are built up with little or no exertion, in the shortest possible time, by their fortunate cousins in the city. So they become dissatisfied with plodding along after the plow or digging potatoes or working in the kitchen, and they go to the city, where they can have an opportunity to worry without sweating, instead of staying on the farm, where they can sweat without worrying.

THE MOUTH SHIRKS AT THE EXPENSE OF THE STOMACH*

BY J. H. KELLOGG, M. D.

[Sanitarium, Battle Creek, Mich.]

THE average chronic dyspeptic needs to eat pure food, and avoid sloppy and soft food. Why?—Because when food is in the form of slops it is lubricated, and when taken into the mouth it goes down before you can say Jack Robinson, and the food has not had saliva mixed with it, and thus escapes mouth digestion. Now mouth digestion is just as necessary as stomach and intestinal digestion; it must do its work properly in order that the other steps in the digestive process may be well performed.


Now the process of digestion is like setting up a long row of bricks, each being a little space from the other, so that when the first brick is tipped it strikes the next brick and knocks it down, and that strikes the next, and so on till the bricks are down. Mouth digestion prepares for stomach digestion, —the flavor and smell of the food excites the action of the salivary glands at the back door, and the smell of the food excites them through the front door, the nose—not only exciting the salivary glands but the gastric glands.

Pawlow, an eminent foreign medical authority, made a window in a dog's stomach so that he could look in and see what was going on. He found that when he brought savory food to the dog and placed it before his nose and eyes and didn't let him eat it or taste of it, by looking into his stomach he could see the gastric juice trickling down the walls of the stomach; he could see that the stomach was getting ready to digest that food; the flavor of the food had given notice that it was coming, but it didn't come, so the poor stomach was disappointed. In like manner your mouth will water for grapes which you see and which are out of your reach; and so a boy's mouth will water for a pie which is placed upon a top shelf or somewhere where he can see it and it is out of reach. Now when this dog didn't see the food brought to him,


* Extract from parlor lecture.

and didn't smell of it, and it was surreptitiously slipped into his stomach, there was no flow of gastric juice and no digestion. Now, if you eat food too fast, or in the form of mushes, for example, it slips down into the stomach before the stomach has notice of its coming, and so has not made preparation for the disposal of the food; the nose does not smell the food, and the mouth does not taste the food sufficiently to excite the stomach to set up the general processes of digestion.


"THE miser deprives himself of everything for fear lest he some day should be deprived of something."




It is astonishing that any one can squander away in absolute idleness one single moment of that small portion of time that is allotted to us in the world.
—*Chesterfield*.




BUT if all are agreed as to the blessing of health, there are many who will not take the little trouble or submit to the slight sacrifices necessary to maintain it.—*Sir John Lubbock*.




"LIFE is not to live merely, but to live well. There are some who live without any design at all and only pass in the world like straws on a river: they do not go; they are carried."



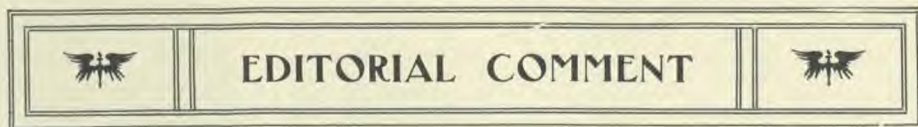
"IF we separate ourselves so much from the interests of those around us that we do not sympathize with them in their sufferings, we shut ourselves out from sharing their happiness, and lose far more than we gain."



THE gospel of health is the good news of emancipation from the thralldom of fashion and from the bondage of appetite and habit. It shows the necessity for deliverance and leads the despairing soul to hope for a better life. Every worker in this line may know that he has the mighty Healer at his side to work with all his efforts.



A FIRE burns low not only from want of coal, but still more frequently from getting choked up with ash; and if you want it to burn briskly you do not merely put the coal on, but you take the poker and stir the ash out. In perhaps nine cases out of ten of your wealthier patients, it is not the coal scuttle that is wanted, but a poker to clear out the waste products.—*Brunton*.



LIFE INSURANCE COMPANIES AND HEALTH

LIFE insurance companies have a pecuniary interest in the lives of their patrons which physicians can not possibly have under present methods. If you can imagine a physician issuing policies on the lives of his patients for an annual premium which he receives as long as the patient lives, and paying out all the way from \$1,000 to \$50,000, according to the amount of the premium, on every patient who dies, you can realize to some extent how much the life insurance companies value the lives of their patrons. It is their business, and to their interest, to do everything possible to increase the average length of life.

As fire insurance companies maintain a fire patrol service at their own expense, realizing that it is cheaper to pay for such a service than to pay for fire losses, so life insurance companies find that it pays to disseminate information which will in any way lead to lengthening the average period of life. (This is not saying that physicians do not have an interest in their patients higher than any pecuniary interest.)



The *Medical Examiner*, a monthly periodical published in the interests of life insurance work, and circulated largely among the medical examiners of the various life insurance companies, in its editorial columns calls attention to some of the evils of fashionable dress, which, as it says, are on the increase.



Among the fashionable evils mentioned are: The wearing of corsets; the exposure of arms and neck; the use of small, poorly-fitting, high-heeled shoes; the use of other people's hair; the wearing of earrings and finger-rings. The article concludes: "If corsets should be consigned to the ash heap, and women made to wear men's shoes, and a law be passed to make them cut short their hair like a man, wear dresses that button up and cover their thorax, and make it a misdemeanor to wear earrings and finger-rings, we feel that the next generation of women would be longer lived and much happier than the women of to-day."



Probably; but it is questionable whether legislation is the proper method to remedy such evils; for while it may be claimed that it is the province of the state to interfere,—that the "inalienable rights, among which are life, liberty, and the pursuit of happiness," do not include the right to live so as to produce death, bondage, and unhappiness,—that it is a matter of supreme interest to the state because no one can injure himself physically without thereby injuring

the state, his neighbors, and his posterity, it may be shown on the other hand, that such powers granted to the state would make the private life of the individual a matter of state control, when it should be a matter of conscience. It would leave the decision as to what constitutes a violation of the laws of health to public officials, and would subject the individual to the theories of whatever would-be-hygienist might for the time being be in power. It would be just as reasonable for the nation to decree that food should be eaten uncooked as to declare that women shall wear large shoes. The power of regulating private life once delegated to the government, it would encroach on the rights of the individual.



The government of right interferes with acts which are manifestly a public injury. For instance, the state prevents its citizens from committing suicide, restricts the marriage of those whose posterity would evidently be degenerates, etc. Between these and the public regulation of personal hygiene is a gulf which it is not safe for legislators to cross.



By far the best way to introduce reforms is to properly educate the public. Reforms effected by force may produce outward conformity without changing the life.

There can be no question, however, that should woman throw off the galling yoke of fashion, and live in accordance with the laws of nature and the dictates of common sense, it would result in a vast improvement, not only in the health, happiness, and length of life of the women, but also of the men, of the coming generation.

DOCTORS REPUDIATE PROFESSOR ATWATER'S THEORY OF FOOD VALUE FOR ALCOHOL

THE American Medical Association has just held its annual meeting in St. Paul, Minn. During its sessions, the American Medical Temperance Association, composed of eminent physicians and teachers in medical colleges, members of the American Medical Association, always holds one or more meetings for the special purpose of promoting scientific study and investigation into the action of alcohol in health and disease. The meeting this year shows a great advance in the scientific study of alcohol and its action on the body. In the ten years of its existence its membership has grown to over two hundred, and the number of papers and discussions, all of a scientific and technical character, is increasing, so that literally this is the most authoritative organization studying the alcoholic question in this country. Of the ten papers read at the St. Paul meeting, three of them discussed Professor Atwater's experiments and conclusions, then passed the following resolutions as the unanimous opinion of the association:—

"WHEREAS, The American Medical Temperance Association, the members of which are physicians and medical teachers who have devoted years to the study of alcohol and its effects, and who are conversant with the work done by scientific men the world over to determine the effects of alcohol when given in any quantity, have noted the teaching of Prof. W. O. Atwater, of Wesleyan University, upon the food and medical value of alcohol, as set forth by him in the pages of the influential lay press, be it

"Resolved, That this association utterly repudiates the pro-alcoholic doctrine of the said Prof. W. O. Atwater as being contrary to the evidence deduced by scientific experimentation, and that his conclusions are unwarranted by the evidence resulting from his own experience. Be it further

"Resolved, That this association regards the teaching of Prof. W. O. Atwater as erroneous, and a source of danger to the laity, insomuch as such teaching contributes towards the increased consumption of alcoholic beverages by giving supposed reason for their safe use.

"[Signed] N. S. DAVIS, M. D., *President*,
Chicago, Ill.

"T. D. CROTHERS, M. D., *Secretary*,
Hartford, Conn."

Two other papers pointed out the evils from the use of cigarets and tobacco on neurotics and young persons. One paper critically reviewed the school-book teachings on alcohol, sustaining their claim to scientific accuracy in nearly all the books used.

The addresses of both the president and vice-president described the folly of efforts to check disease and degeneracy by ignoring alcohol as one of the active causes, also the conflict of experience with theory and tradition. The other papers read discussed the causes of the popularity of alcohol as a beverage, and its danger in high altitudes; also the substitutes for its use in medicine.

The value and reliability of these papers are evident from the fact that eight of the ten authors are active or emeritus professors in medical colleges. Four of them are medical journalists, two of whom are in active practise.

CALIFORNIA, especially the southern part of the state, is yearly becoming more popular as a health resort. Thousands of tourists pour in from all parts of the East, and, in fact, from all parts of the world, in quest of health. Many of these people are ready to try anything or go anywhere for health. What an opportunity this affords those who have an experimental knowledge of healthful living, to impart saving information to these needy souls, so they may know that it is impossible to eat with impunity everything a depraved appetite calls for, and counteract the effect by climate or by drinking large quantities of mineral water or taking mud baths.

NOTHING can work me damage but myself; the harm that I sustain I carry about with me, and am never a real sufferer but by my own fault.—
St. Bernard.

WOMAN'S DEPARTMENT	
CONDUCTED BY MRS. M. C. WILCOX 418 EAST 23D STREET, OAKLAND, CAL.	

THE MISSION OF WOMAN

THE mission of genius on earth! To uplift,
 Purify, and confirm by its own gracious gift,
 The world, in despite of the world's dull endeavor
 To degrade, and drag down, and oppose it forever.
 The mission of genius: to watch and to wait,
 To renew, to redeem, and to regenerate.
 The mission of woman on earth! To give birth
 To the mercy of heaven descending on earth.
 The mission of woman: permitted to bruise
 The head of the serpent, and sweetly infuse,
 Through the sorrow and sin of earth's registered curse.
 The blessing which mitigates all: born to nurse,
 And to soothe, and to solace, to help and to heal
 The sick world that leans on her.

—Owen Meredith.

SACREDNESS AND IMPORTANCE OF DOMESTIC TRAINING

"A SACRED burden is this life ye bear,
 Look on it, lift it, bear it solemnly,
 Stand up and walk beneath it steadfastly,
 Fail not for sorrow, falter not for sin,
 But onward, upward, till the goal ye win."

Of all the work committed to mankind the most sacred, the most solemn, the most important is that of parents. To them is committed the shaping of the destiny of the individual soul, the church, the state and the world both for time and for eternity. Within them, through God, lies the hope of the future of our race.

Away back in the Garden of Eden was instituted the home. The domestic training in that home was given by the Lord Himself. He gave to man his lovely home, and instructed him how to care for it. He gave him his companion to be a help meet. She was His last work in creation, most beautiful and lovely, and Adam loved her. The happy pair began life under the most favorable circumstances, with grand and holy possibilities before them. But they fell. Primarily the fault was woman's; man fell because he chose to do so rather than be separated from his lovely companion.



The intervening ages have not weakened the power of woman over mankind. The same attractiveness and charms which were first placed within her, although marred by sin, still wield a mighty power for good or evil. While

she was the first one to be led into sin, and the curse of God has seemed to rest heavier upon her, still it is her glorious privilege as well as her sacred duty to break away from the terrible thralldom of sin, and lead mankind back to purity and holiness.

It is the purpose of the great Creator to lead His children back to the home He first prepared for them, to make them as lovely in form and character, and to be Himself their instructor. This He will do for all those who will cooperate with Him.



Associated with home and domestic life is, first of all, woman, because, to make a home she must necessarily be there. To her belongs the work of caring for and keeping the things necessary to the house, while it falls to the part of man to earn the daily bread. Woman is there constantly, man occasionally, and therefore, to her must fall the larger part of the work of training those within the home.

It is because of her inefficiency to do this that we see the many sad and unhappy homes around us on every side. It lies within the power of woman to largely remedy this evil. But it can not be done, because it will not be in her heart to do it, unless she shall so relate herself to God that He can speak to her and she to Him. If this be done, it will awaken in her heart a desire to understand her mission on earth, and fill it to divine acceptance.



To be efficient a woman needs: (1) To understand how to keep her home neat and attractive in appearance. (2) To be orderly, to be systematic. She needs to know how to plan her work so it will not take all day to do the mechanical part. (3) She needs more than she needs her temporal food, time to commune with God and study His Word. How can she ever hope to become what God designed her to be, without counseling with Him and studying to know His will? It is not presumptuous for her to believe that He who numbers the hairs of our heads and notes the sparrow's fall, knows and feels for her, in all her perplexities, her anxieties, her disappointments and sorrows; for He most certainly does, just as much as though there was not another human soul upon the earth.

But to be intelligent and systematic, neat, orderly, and artistic is not sufficient. She should know how to cook both well and healthfully, for the physical development and strength of the household are dependent upon it. The food should be not merely palatable, but appetizing, and it is a fine art to know always how to make it so. She should also know how to handle the needle deftly and well.

It is not enough for a housekeeper or mother to be a specialist. This is an age of specialists, and it enters also into housekeeping. But a successful housekeeper and mother must have a thorough general knowledge of all that belongs to the domestic line.

All these things ought to be taught every daughter in our land. But there is a sad tendency in this age of the world, on the part of mothers, to allow their daughters to grow up without this fundamental part of their education. Many feel that these things are drudgery, and therefore they will not educate their daughters to fill any such position. Ah, mothers! who made you feel that it was drudgery? You surely never came to that conclusion by reading God's Word or by associating with any truly-refined and noble woman. It is a sad mistake; it is a delusion of Satan. It is degrading to cherish such superficial and fallacious ideas of life. A thorough knowledge of these things might save the daughter herself from a life of sin and degradation, and besides save her husband, her sons and her daughters, should she become a wife and mother. By her elevated ideas of woman's work, she could help all who came within the sphere of her influence.



The American woman of to-day is congratulating herself upon her independence. She boasts of her achievements and is proud of her philanthropy. She feels that she can vie with man in filling any profession, and she fondly covets a place in legislative halls and executive offices. To the mind of the writer this does not add greatly to her charms or her attractiveness. She has a strong conviction that woman has departed thereby a long way from the original plan of God when He created her.

O mothers, sisters! let us come back from the love of the praise of men, to the love of the favor and approbation of God. Let us turn away from the vain, unworthy effort of making for ourselves a name that will so soon perish, back to the sweet, simple duties of the domestic life. Let us, by our wise, intelligent efforts, establish ourselves as queens in our households, and there make for ourselves and our children names which will endure throughout all eternity. Let us be satisfied to *disappear* from the world, or society, that we may *reappear* in the pure and holy characters of our children. Then we shall feel that our life is not drudgery, but a most precious and holy calling.

A DEPARTMENT IN "HIGHER EDUCATION"

BY H. J. MAXSON, M. D.

IN one of the great historic buildings of Europe, the Louvre, in Paris, there hangs a painting of rare worth. Thousands pass it by, not guessing the hidden meaning. Only the soul instructed can interpret the artist's thought.

It is the picture of a kitchen, wherein the service is performed by angel hands.

The welfare of the human race depends not so much upon the *so-called* "higher education" of women, but, what is, in truth, their higher education. For that is highest which is best—which makes for the highest happiness of the many. Whatever of pleasure the world, with its glitter and grandeur, may offer, all will agree that, in its finality, it is as hollow sound compared with the peace, the rest, the pleasure of the home, as it may be.

The home is the resting-place of every great theme, and she who makes the home shapes the destiny of its offspring.

Education in, of, and for the home takes precedence of all other lines of study when we consider the reach of its influence.

Let us not be understood to disparage the higher education of women in its accepted sense. We believe fully that, other things being equal, she who, holding all in their proper relation, has studied most and broadest, is best fitted to make the home, a happy, well-regulated, well-kept home, which furnishes the soil for the greatest soul growth.

All may not be privileged to attend college, or even to complete the common branches, but all may attend this school of the lowly, wherein, if the lessons are studied with care and well learned, none need despair of a place on the roll of honor. Every mother is a teacher than whom none in the greatest schools of the land hold greater responsibilities; but her neglect in thoroughness and completeness will be followed by direst results. Whatever, then, that makes for the building of the home is the highest and best. What are some of the things that serve this end?—First and foremost are the reign of love, the spirit to bear and forbear, the ever-kindly word, the ever-smiling face.

Other studies in these essentials of higher education will be considered next month.

WHY SINGLE BLESSEDNESS IS PREFERRED

IN a recent discussion on the subject of matrimony a query arose why there were so few marriages now as compared with the past. A bright young minister who was himself a single man, explained that it was because of the independence of woman. It was suggested that woman was not all at fault in the matter. Young men prefer to remain single. This was admitted to be true, because men feel that they can not afford to keep a wife, neither are they willing to drop out of the social circle in which they are moving, which they would necessarily have to do. They have not sufficient income to begin married life in a manner to meet the social standard. Should they drop out of that circle they could never be reinstated with their small income.

This seemed a sad comment on women. But there was truth and force in the words of the young man. In many instances woman is too expensive a luxury for a poor man, and her independence makes him fear that should he fail to meet her demands upon him, she would only need to apply for a divorce and it would be granted. He therefore prefers to live in "single blessedness."

Mothers, look carefully to the matter of the training of your daughters in extravagance and love of display. While they may be admired and courted by many, when the serious subject of matrimony arises, there is cause for some foreboding and apprehension regarding domestic happiness.

"FAVOR is deceitful, and beauty is vain;
But a woman that feareth the Lord, she shall be praised.
Give her of the fruit of her hands;
And let her own works praise her in the gates." *Prov. 31: 30, 31.*

SUGGESTIONS



FROM THE SANITARIUM
COOKING SCHOOL

SEASONABLE SALADS

BY EVELINE HELMAN, M. D.

As the hot weather continues, the appetite calls for the luscious fruits and succulent vegetables so abundantly supplied by nature.

For the sake of variety, these may sometimes be served in the form of a cooling salad.

The ordinary salad made from unwholesome mixtures served with mustard, pepper, vinegar, and large quantities of oil, which is often of a questionable character, is certainly objectionable; but the use of a simple salad prepared from good, wholesome material need not be discouraged. Oftentimes the mixing of too many ingredients, especially those having a strong flavor, lessens the agreeable flavor of the salad, and tends to make it less digestible.



Since salads are much more appetizing served very cold, it is well to prepare the material, as far as possible, an hour or more before time for serving, and allow it to stand on ice. Lettuce, celery, cabbage, etc., may be washed and left standing in cold water. All vegetables should be fresh and crisp, and the salad should not be brought out until time for serving. Marred leaves may be shredded, but should never be served whole. The more daintily a salad is served the better it is relished.

Fruit salads are pretty served in small quantities in glass dishes. A sherbet cup placed upon a small plate with a sprig of green leaves or a dainty flower on one side, gives a very pleasing appearance.

Tomato Mayonnaise.—Take nice ripe tomatoes, peel, turn smooth side up and cut across into fourths partly through the tomato, taking care not to disturb the pulp more than necessary. Place in the top a spoonful of a mayonnaise dressing, and serve in individual dishes on a nice wrinkled leaf of lettuce. The dressing is made by using four eggs, one-half cup lemon juice, one-fourth cup nut-oil, or pure olive-oil, and one teaspoonful of salt. Beat all together and heat in the inner cup

of a double boiler, stirring continuously, until it begins to thicken, then remove and set in a dish of cold water till cool. Pass through a strainer before serving.

Apple and Orange Salad.—Select firm, ripe apples having a good flavor, pare, quarter, and core, cut each quarter in two and slice crosswise. Divide oranges into parts, and slice in the same way. Take equal portions, mix together and serve with an almond dressing.

ALMOND DRESSING.—Rub two rounded tablespoonfuls of almond butter and two of sugar smooth with one-half cup of water. Heat to boiling, then add two tablespoonfuls of lemon juice and a pinch of salt. Strain and allow to cool.

Raspberry-Banana Salad.—Divide bananas into quarters lengthwise and cut across into slices about one-fourth of an inch thick. Mix with an equal portion of firm red raspberries and serve with the almond dressing.

Beet Lemonade.—Boil young beets until tender, peel, slice, and serve cold with a dressing made by using equal quantities of lemon juice, sugar, and water. Stir together until the sugar is thoroughly dissolved.

Lettuce or celery served with this lemonade dressing forms a very simple and refreshing salad.

Tomato and Cucumber Salad.—Slice cucumbers in the bottom of a dish and cover them with a layer of very red sliced tomatoes. Place a few slices of the cucumber over the tomatoes, add salt and lemon juice, and garnish with fresh, crisp celery leaves. If preferred, the top may be dotted with a stiff mayonnaise dressing.

Egg and Tomato Jelly Salad.—Cook together for fifteen minutes one pint of strained tomatoes, a bay leaf, a slice of onion, and a stalk of celery. Thicken with cornstarch, strain, and mold in

wine glasses. Place on shredded lettuce in individual dishes, one mold of the tomato jelly and one-half of a hard-boiled egg. Serve with mayonnaise dressing.

Cauliflower Salad with Tomato Dressing.—Boil cauliflower in salted water until tender, drain, and divide carefully into parts. For the dressing rub two well-rounded tablespoonfuls of nut butter smooth in one-half cup of water, and three-fourths cup of strained tomato, heat to boiling, then add two tablespoonfuls of lemon juice and a scant teaspoonful of salt. Serve cold.

Vegetable Salad.—Mix together equal parts of chopped beets, potatoes, carrots, and parsnips; sprinkle with salt, and serve with mayonnaise dressing. Garnish with sprigs of parsley.

Protose Salad.—To one pint of diced protose add one-half pint of finely-minced celery. Mix well. Salt to taste. Add mayonnaise dressing, and serve a spoonful on a leaf of lettuce.

Nut and Egg Salad.—Take one cup diced protose, one-half cup each of nuttoline and chopped hard-boiled eggs. Mix together and serve with a plain dressing made by mixing one-half teaspoonful of salt with one tablespoonful of nut or olive-oil, and then adding gradually, stirring briskly, three tablespoonfuls of lemon juice. Serve at once.

Sanitarium, Battle Creek, Mich.

THE St. Helena Sanitarium Food Co. has purchased the Garden City Food Co.'s plant, located at San Jose, and will utilize the San Jose Bakery in the manufacture of bread. The stores in Oakland and San Jose, formerly operated by the Garden City Food Co., have been remodeled and are now run by the St. Helena Sanitarium Food Co. Care has been taken to secure for each store a manager who can give intelligent information regarding the value and combination of foods.

SOME SUMMER RELISHES

BY MRS. J. H. COLVIN

Protose Salad.—One-half pound protose, one small onion, one large stalk of celery. Cut celery fine and dry in a cloth; mince the onion, and chop protose. Mix all together and salt, and pour over it mayonnaise dressing. Garnish with parsley or serve in lettuce leaves.

MAYONNAISE DRESSING.—Beat thoroughly the yolks of two eggs; add olive-oil drop by drop, stirring all the time, until the eggs will take no more oil, then add a few drops of lemon juice until sour enough, and salt to taste.

Fruit Blend.—Six oranges, three bananas, one pound raspberries, one pound strawberries, one-half can pineapple. Slice oranges, bananas, and pineapples thin; place in a fruit dish in alternate layers. Crush the berries and sweeten and pour over the other fruit, and serve.

Apple Tapioca Pudding.—Cook six medium-sized, tart, cooking apples until done. Pour boiling water over a teacup of tapioca, using as much water as necessary. Let stand on back of the stove until clear; add the apples; sweeten and stir all well together. Bake one hour. Serve with white sauce or cream.

Cottage Cheese and Olives.—To one pint of cottage cheese which has been prepared with cream and salt for the table add one tablespoonful of onion, one cup of stoned olives, and three hard-boiled eggs, all minced fine. Use sufficient cream to make the cheese quite moist. Form into a nice loaf in a salad dish, and garnish with parsley and slices of lemon.

Almond Cream Float.—Take one quart of water, five tablespoonfuls of sugar, and a pinch of salt, and put on in an agate pan to boil. While this is heating take a tablespoonful of almond butter, diluted in water to the consistency of cream, add to this one teaspoonful of flour, the yolks of four eggs and the whites of two, saving the other two whites for the islands. Beat all thoroughly together, stir this slowly into the boiling water and remove from fire to keep from curdling. Flavor with vanilla and lemon extracts.

FOR THE ISLANDS.—Have some water boiling on the stove in an agate pan. Beat the whites stiff, and drop by spoonfuls into the boiling water. Remove from the water and place on the float. To inhabit the islands put dots of some bright jelly.

"FATHER wants to know if you would like a piece of pork when he kills our pig," asked a small boy of his school-teacher.

"Tell him I should appreciate it very much," was the reply.

A week passed, and, the pork not having put in an appearance, the teacher called the youth to the desk and said, "I don't believe you thought to tell your father that I would like the pork, did you?"

"Yes sir," said the lad, "but he isn't going to kill it now, 'cause the pig has got well."—*Selected.*

DRYING FRUIT

Do not expect that fruit unfit to eat in the fresh state will make good dried fruit. Select good fruit, not too ripe. After the necessary preparation of peeling, pitting, coring, etc., it may be dipped briefly in a thick brine of salt. Fruit prepared in this way is bleached as effectually as though sulphured, but has none of the deleterious effects of sulphured fruit. It lacks a little, however, in taste, as the salt replaces some of the juice in the outer part of the fruit. To prepare this kind of dried fruit for the table, it should be washed in clear water, preferably running water, for, say fifteen minutes, to remove the salt. Then place in sweetened water, to remain twelve to twenty-four hours, according to the hardness of the fruit. The sugar will enter the fruit and replace that lost in the brine. After this treatment the fruit will need only brief heating, perhaps only a hot syrup poured over it, and it is ready for the table, being hardly distinguishable from nice canned fruit.

NUT FOODS FOR HOME USE

NUT preparations are too concentrated to be used as freely as they sometimes are, or as they are directed to be, used in some nut food recipes. Often one-fourth of the quantity would be far better. Diminishing the amount used would meet two objections sometimes made against these foods, high price and indigestibility; for, used in proper amount, they would not be expensive, and would not be likely to derange digestion.



Those who do not feel financially able to purchase the Battle Creek nut foods may, with the aid of a mill, which can be secured at an expense of a few dollars, make their own nut butter. Several families can use the same mill. Shelled peanuts can be purchased quite reasonably. None but the best should be used. They should be roasted *very lightly*. The hulls should be removed, and any imperfect nuts should be discarded. The nuts may then be ground in a fine mill, the product being a coarse grade of nut butter, which may be used directly on bread, or may be thinned by rubbing in water to any thinness desired. This butter may be used as a flavor in many vegetable dishes. Thinned it may be used as a cream on mush or on granola or granose.



But the nut foods of the Health Food Company are not so expensive as might at first appear, for they are very concentrated, containing much nutriment in small bulk; and, when compared on the basis of their nutritive value, are considerably cheaper than meats and many other foods in common use.

To those who may not have had this experience with the nut foods, we would suggest that they use them more sparingly. One beginning this way may gradually become accustomed to using larger quantities. And we would strongly urge that if possible the Battle Creek foods be purchased, as the home-made article is more crude, and much more likely to interfere with digestion.

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

QUERY DEPARTMENT

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

What is the best treatment for prickly heat ?

This condition is brought about by an extra amount of work being done by the skin when it is more or less dormant in its functions. Drinking more water, so that the elimination of the skin will be more free, will aid in preventing the trouble. Other measures to stimulate and tone up the condition of the skin are indicated. This can be done by means of cold baths, brush rubs, and other forms of cutaneous friction. The quality and kind of clothing must be adapted to the condition of the skin and the temperature of the weather. Inattention to this matter is sometimes the cause of this symptom.

What is the best time for taking exercise ?

Physiologically, a person is in the best condition to exercise in the early part of the day, as at this time the blood is more alkaline and the tissues are more ready to respond to the stimulus of work. In ordinary health, however, a person can exercise any time during the day to advantage. The relation of exercise to meal hours is an important matter; and the system should not be so taxed with physical work after meals that the proper amount of the energies of the body can not be directed toward the work of digestion. There is far less danger, however, of a person engaging in too severe manual work after meals than there is in engaging in taxing mental labors, as brain work is far more liable to divert the proper nerve energies from the work of digestion

than is physical work. Light exercise after meals is favorable; and it is essential that the system have sufficient exercise before meals in order for the nutritive processes to make such a call for increased nutrition that the digestive organs will have their proper incentive to do work when the meal is taken. The continued practise of taking a certain amount of exercise before breakfast would have a most healthful influence toward keeping up a good state of nutrition and the health of the body in general.

Why is sleeping after meals discountenanced ?

Simply because it puts the system to sleep when certain parts of it ought to be doing good, energetic work. There are certain functions which are always carried on in the system, whether a person is sleeping or waking; but digestion is not one of them. The heart beats, and the lungs expand during the hours of sleep with as much regularity as they do during the day. Nature, however, provided that the digestive organs should rest with the other parts of the body, while the person is sleeping; and if they do not have this rest, they will interfere more or less with the restfulness of the other parts. If the digestive organs are put on a strain, or are irritated by the presence of food during sleep, they will give rise to a marked disturbance of rest, and even to the continued working of the mind, though the individual is unconscious. This is manifest by the memory of troublesome dreams and the brain fatigue

which some people frequently have when rising in the morning, at a time when they should be the most thoroughly refreshed.

Some people become sleepy after meals simply because the stomach and abdominal organs are so congested at that time that they draw the blood downward, and cause anemia of the brain, and leave it in a state that induces sleep. This, however, is a diseased condition. Either the digestive organs are overtaxed with too great a quantity of food, or abdominal congestion arises from other causes. It is a disease which needs to be treated. While the brain should never be severely taxed after eating an ordinary meal, yet it should be conscious and active. As much harm is liable to come to digestion by having the brain sleep after meals as may come by having it severely taxed by hard mental problems after meals.

Are mud baths good for rheumatism?

Almost any form of hot baths are good for certain stages of rheumatism, if given in the right way, though many cases are not thus cured. Not infrequently we hear of people taking hot mud baths with the almost immediate effect of removing all traces of rheumatism from the system; but

these are exceptional cases. Acute rheumatism that is not accompanied by fever, is benefited by the hot bath. It has the effect of quickening the circulation, and doubtless helping to oxidize the rheumatic material. In the case of rheumatism where there is a fever, the same process is being carried on by the rheumatic condition itself, and the hot bath is not so much indicated.

Some cases of rheumatism exist simply because the person is so weakened and debilitated that he can not properly digest and assimilate his food, which goes into his system in an unoxidizable state, and creates rheumatic conditions. These cases will not be benefited by the hot bath—in fact, will probably be made worse by such a course of treatment. There are also some cases of recurrent rheumatism, which when subjected to the influence of hot treatment will simply be spread throughout the body; and rheumatism will break out in several parts of the body in place of the one joint where it existed before the hot bath. In the right class of cases the hot bath is very useful; and the mud bath is an efficient form of taking the heat, in that it surrounds the whole body evenly, and produces a very good general effect.

WIDAL recommends, in the *Journal de Medicine de Paris*, a very simple method for the removal of warts, namely, a flannel, over which is spread some green soap, obtained at any druggists, placed over the wart for a period of fourteen days, by the end of which time the wart will become so soft as to be easily shelled out.—*Selected*.

LEMON juice has been found useful in destroying the diphtheria bacillus. It must be diluted when used as a gargle, but slices of lemon may also be given to the patient to masticate when he is able to do so. The pulp should be rejected.—*Selected*.

TWENTY-ONE GOOD REASONS

[The following appears on the back of a menu issued by the Vegetarian Cafe, No. 755 Market Street, San Francisco.]

One of the strongest arguments in favor of vegetarianism (and one that is a surprise to most people) is that about three-quarters of the population of the globe are vegetarians now. The word "vegetarian" does not refer to vegetables, but is derived from the Latin "Vegetus Homo," meaning a strong, healthy man.

The reasons for abstaining from the use of flesh as food are many, very many. The list which follows does not begin to give all that are advanced by the various classes of vegetarians—ethical, scientific, humanitarian, etc.—but it is complete enough for this purpose.

1. It is shown from the testimony of vegetarians that they enjoy comparative immunity from disease. Many have lived to old age with scarcely a day's sickness, after adopting the vegetarian practise. After rigorous inquiry not a single case is known of a vegetarian having been attacked with cholera, either in Europe or in America. It is a matter of common experience that the most flesh-eating nations are generally the most diseased.

2. The Spartans, who, "for muscular power, physical energy and ability to endure hardship, perhaps stand unequalled in the history of nations," were vegetarians, as well as the armies of Greece and Rome, in the time of their conquests, "the departure from their simple habits being soon followed by decline." In the training for the public games in Greece, where muscular strength was exhibited in all its varied forms, vegetable food was adhered to; but when flesh-meat was adopted afterwards, those hitherto athletic men became sluggish and stupid.—(See *Vegetarian Messenger*, vol. 1, p. 25; also preface to *Rollin's Ancient History*.)

3. Many of those who have opened out to the world fresh tracts of thought, and traveled untrodden paths of knowledge, have, from their own private convictions, become either wholly, or for a time, vegetarians. Among others may be named Pythagoras, Plato, Plutarch, Diogenes, Zeno, St. Chrysostom, and it is believed St. James; the best of the Roman philosophers, including most of the neo-platonists; Seneca (for some years); Porphyry (who wrote a treatise entitled "De Abstinentia"); John Wesley, Benjamin Franklin, Emanuel Swedenborg, John Howard, Sir Richard Phillips, Shelley, Wordsworth, and Alphonse de Lamartine.

4. Those who live on a vegetarian diet are, as a class, heavier, harder in muscle, capable of greater endurance and of performing greater feats of strength, than those who live on a mixed diet, as proved by Professor Forbes from experiments on flesh-eating Englishmen, porridge-eating Scotchmen, and potato and bread-eating Irishmen, the Scotchmen being superior in height, weight, and strength to the Englishmen, and the Irishmen superior to both. (See *Chamber's Information for the People*, sheet on the Physical History of Man.) "The Laplanders, living on flesh, are a diminutive race, while the Finns, who inhabit the same climate, and live chiefly upon the products of the soil, are as fine a race as the Swedes or Norwegians." "The difference," says Dr. Lambe, "must be attributed mainly or entirely to diet."

We should remember that meat-eaters, whose health has been ruined by meat-eating, but who have prolonged their life in comparative comfort by adopting and adhering to a vegetarian diet, are not fair samples of vegetarians. Their cadaverous appearance and cranky looks are the result of too much meat, not of cereals and fruits. Sir Edwin Arnold stated that the finest body of men he ever saw together in his life was a regiment of native Sikhs in India, who had never tasted meat. It is also noteworthy that the big, beef-eating Englishman, when he goes to climb the icy Himalaya Mountains, gets a rice-eating Hindu to carry him on his back.

5. Vegetarian diet gives a more youthful and beautiful appearance to the human face divine." Adam Smith, in his "Wealth of Nations," states that the most

beautiful women in the British dominions are from the lower ranks of the people of Ireland, who are generally fed with potatoes. Daniel and his companions, who ate pulse and drank water, were "fairer and fatter in flesh than all the children, which did eat the portion of the king's meat." Dan. 1:15.

6. Every human sense is shocked, and the best feelings of the best men and women outraged, by the quivering limbs, the horrid moans and the dying struggles of the poor animals as they receive from the "butcher" their wounds.

7. (a) Man sweats, as do herbivorous animals, but carnivorous animals do not sweat; (b) man masticates, as do the herbivora, but the carnivora do not masticate, and have no teeth suited for it; (c) man drinks, as do the herbivora, but the carnivora only lap; (d) man, as the herbivora, has abundant saliva, while the carnivora have little.

8. The matured convictions of the most eminent naturalists—Linnaeus, Daubenton, Gassendi, Sir Everd Home, Baron Cuvier, Ray the Botanist, Professor Lawrence, Lord Monboddo, Thomas Bell, and others—are that the teeth, the stomach, the ceculated colon, and indeed the whole of the internal and external structure of man, clearly indicate his adaptation to a fruit, farinaceous, and vegetable diet.

9. The testimony of the most eminent chemists—Liebig, Boussingault and others—proves that "vegetable albumen and animal albumen, and vegetable fibrin and animal fibrin are identical, scarcely differing even in form."—Liebig's *Familiar Letters on Chemistry*. "Therefore not the slightest advantage is obtained as regards the quality of the article by feeding on flesh.

10. Flesh contains only 36 per cent of solid nutriment, 64 parts being water, while many vegetable productions, such as grain and other farinaceous food, contain from 80 to 90 per cent of solid, nutritious matter, including the flesh-forming principles, more heat-forming principle, more mineral matter for the bones, and the necessary portion of innutritious matter. Man is therefore a decided gainer from every point of view by obtaining his food directly from the vegetable kingdom.

11. The experiments of Dr. Beaumont on the body of Alexis St. Martin (who was accidentally wounded in the side by a shotgun, in such a manner as to leave an opening to his stomach, which enabled Dr. Beaumont to observe the operation of digestion) prove that when flesh is taken into the stomach it causes an excited and inflamed appearance of the coating of the stomach, somewhat similar to that produced by taking alcoholic drinks, so much so that Dr. Beaumont calls flesh "heating and stimulating."

It is now a generally-accepted theory among the physicians that a large number of diseases, including gout, rheumatism, constipation, migraine, Bright's disease, and the uric acid diathesis, arise from eating meat, and before one can recover from those diseases it is necessary to stop eating meat.

12. Economy being one of the grand distinguishing features of nature, and the productions of the vegetable kingdom four or five hundred per cent cheaper than the same amount of food derived from the flesh of animals, it is unnatural, as well as unphilosophical and unbusinesslike, to pay dearer for an inferior article.

13. A large proportion (some say nineteen out of every twenty) of the animals slaughtered for the public markets are diseased, which is caused by putting the animals into an unnatural condition in order to fatten and otherwise prepare them for the market.

14. While the Almighty has implanted in those animals which feed upon flesh instincts which lead them to seek their food by night, man's natural instincts lead him to sleep by night, and to eat and work by day.

15. Those animals which, through power of endurance and rapidity of motion are valued for our service, derive the whole of their strength and nutriment from the vegetable kingdom; such are the horse, the camel, the elephant, etc.

16. Those animals which live on flesh are vicious, savage, and dangerous; while those that live on vegetable productions are mild, docile, and tractable. Even animals naturally savage, by being fed on meal-porridge, bread, milk, etc., seem to lose their ferocity, as, for instance, the dog and the domestic cat, while sheep and other gentle animals, have become savage and dangerous when fed on flesh.

17. Meat being a stimulant and poison, excites the passions and appetites, and thus effects the morals of mankind. It is claimed that out of millions of non-meat-eaters not an instance can be produced of a vegetarian drunkard.

18. The flesh-eating habits of the so-called civilized world render necessary the setting apart of a whole class of men for the performance of the degrading and brutalizing office of slaughtering animals for food.

19. The physical condition of many flesh eaters shows that the blood itself is loaded with impurities and in a state of decomposition, and persons whose blood is in this impure state are liable, on very slight exposure, chill, etc., to be attacked with dangerous illness. That this condition is caused by flesh eating is shown from the fact that it is quickly changed by the adoption of a vegetable diet.

20. The primitive injunction of the Almighty to man, when in a state of purity and holiness, was, "Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat," and neither Holy Scripture nor any other authority shows the mechanism or physical structure of the human body to be in any wise different now from what it was when the Creator pronounced it "good."

21. Vegetarianism is a protest against those evils which most beset wealthy nations—luxury, intemperance, and vice; it entirely supersedes that sport with the miseries of innocent animals which makes us lower than barbarians; hereby also it inculcates sympathy and benevolence, encourages all movements which promote the well-being and elevation of the human family and practically discourages war and slavery, cruelty, and inhumanity, whatever shape they may take.

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MONTHLY—DEVOTED TO

HEALTH AND HYGIENE

Subscription price: Fifty cents per year in North America. Single copies, five cents.

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

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Subscriptions may begin with any number. The safest mode of remittance is by check, money order, registered letter, or coin carrier.

Entered at St. Helena as Second-class Mail Matter.

VOL. XVI.

ST. HELENA, CAL., AUGUST, 1901.

No. 8.

It was recommended at the recent sessions of the Pacific Union Conference, held in connection with the Oakland camp-meeting, that the PACIFIC HEALTH JOURNAL be made the health organ of the Pacific Union Conference. Though the financial responsibility is still retained by the California Medical Missionary and Benevolent Association, the JOURNAL will be made representative of all the medical missionary work—sanitariums, health restaurants, and health food factories on the coast. Plans are on foot to improve the JOURNAL in every way possible, and to give it a more extended circulation in all the Pacific Coast conferences.

This move has been in contemplation for some time, and to this end the services of the sanitarium physicians in Portland and Spokane have been secured as contributors to the JOURNAL.



Work is progressing in educational lines. The St. Helena Sanitarium Training-School has added a year to its course, making three years in all; the last year, however, not being compulsory, but rather in the nature of post-graduate work.



It has been so arranged that the first year of the St. Helena Training Course may be taken at Healdsburg College, where provision has been made for a preparatory medical course and a preparatory nurses' course. One physician and two trained nurses will be stationed at the college to conduct the technical part of these preparatory courses.



“LIFE must be measured rather by depth than by length, by thought and action rather than by time.”

For a long time there has been felt a need for a home in San Francisco for the girls employed as waiters in the Vegetarian Restaurant. For this purpose the two upper floors of a three-story house on Howard Street, near Sixth, have been secured, thoroughly renovated and neatly furnished. This "Union Home," as it is called, in addition to being a home for the girls, is now to be made a training-school for city workers.

Sufficient work will be given in the Vegetarian Restaurant or in some of the other branches of the California Medical Missionary and Benevolent Association work in San Francisco, to the members of the training class, to meet their expenses. At the same time abundant opportunity will be given for study, class work, and the various lines of city mission work. On the teaching force will be Elder W. S. Sadler, the successful Chicago training-school worker, Dr. Thomas Coolidge, and Dr. R. H. Buchanan. This school will cooperate with the St. Helena Training-School, so that members of one school can round out their experience by taking a portion of their training in the other school.



Drs. Thomas and Margaret Evans, who have done excellent work the past year in establishing the Eureka Branch Sanitarium, have been called to take charge of the Honolulu Sanitarium, recently turned over to the California Medical Missionary and Benevolent Association, by the International Medical Missionary and Benevolent Association. In order to get a proper fitting for their new field of labor they will spend a few months at the sanitarium in Battle Creek.



Dr. C. F. Dail, who has been connected with the St. Helena Sanitarium for the past three months, has gone to Eureka to take up the work left by Dr. Evans.



With the September number, the PACIFIC HEALTH JOURNAL will transfer its headquarters to San Francisco, 1436 Market Street.

New departments have been added, and experienced contributors secured with a view to making the JOURNAL more than ever the representative of health principles on the Pacific Coast.

The Woman's Department, in charge of Mrs. M. C. Wilcox, will each month contain matter of great value to every woman, and especially to every mother. The first issues will contain articles from the pen of Dr. Harriet S. Maxson, who so ably conducted the Home Department in this JOURNAL a number of years ago.

In the Cooking Department, experienced hygienic cooks have been secured, and nothing will appear but what has proved a success. Four points will be kept in view. The foods must be such as are economical of time and material in their preparation, and at the same time they must be healthful and appetizing.

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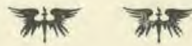
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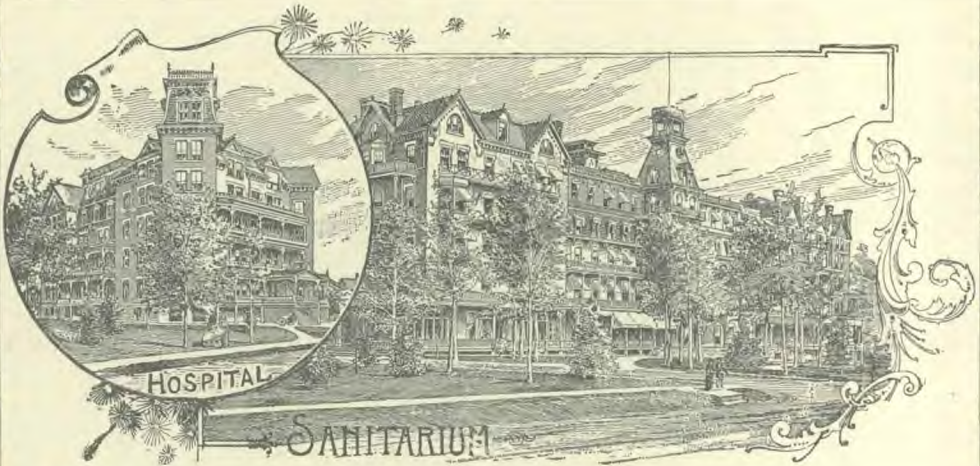


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