

# The PACIFIC HEALTH JOURNAL

MONTHLY

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Edited by G. H. Heald, M. D.

Morning, Noon, and Night

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# Announcement for 1902

The following are the names of some of the writers who will contribute to the JOURNAL during the coming year, and an outline of what may be expected from their pens. Articles by physicians will not be technical, but in plain language, so as to be easily comprehended and utilized in families.

<p>J. H. KELLOGG, M. D., physician-in-chief of the Battle Creek Sanitarium, will furnish a series of articles: "A Doctor's Chat with His Patients."</p>		<p>An important series of papers by the Editor: "Tuberculosis—Its Recognition, Prevention, and Treatment."</p>	
<p>W. R. SIMMONS, M. D., Supt. Portland Sanitarium, "Personal and General Hygiene."</p>	<p>B. B. BOLTON, M. D., Director of Laboratory of Hygiene of Los Angeles Sanitarium, will furnish from time to time, "The Most Recent Developments in the Science of Healing."</p>	<p>"Woman's Department," conducted by Mrs. M. C. WILCOX. This department expects to be fully awake and up-to-date, giving points of great value to mothers, wives, housekeepers, and women generally. It can not help being greatly interesting.</p>	
<p>J. R. LEADSWORTH, M. D., Supt. Mount View Sanitarium, Spokane, Wash., "Rational Treatment."</p>		<p>"Care of the Sick in the Home," by Mrs. H. E. BRIGHOUSE, M. D., and Miss MARIE WARNE, of the St. Helena Sanitarium. These articles will be full of practical instruction for the home.</p>	<p>"Cooking School," EVELINE HELMAN, M. D., Director of School of Scientific Cookery, Battle Creek Sanitarium; Mrs. J. R. LEADSWORTH, of Mount View Sanitarium; Mrs. S. H. COLVIN, of St. Helena Sanitarium.</p>
<p>DAVID PAULSON, M. D., manager Chicago Sanitarium, will furnish a feast of good things in hygienic lines.</p>	<p>Mrs. E. G. WHITE, a number of papers on "Bible Method of Healing."</p>	<p>"The Question Box," by the Editor, will answer questions of general interest in the field occupied by the JOURNAL.</p>	<p>B. F. RICHARDS and W. S. SADLER will furnish articles especially interesting to young people.</p>
<p>The JOURNAL represents the interests of all the medical missionary institutions on the Pacific Coast, and will print items of interest regarding them and their work from time to time.</p>			

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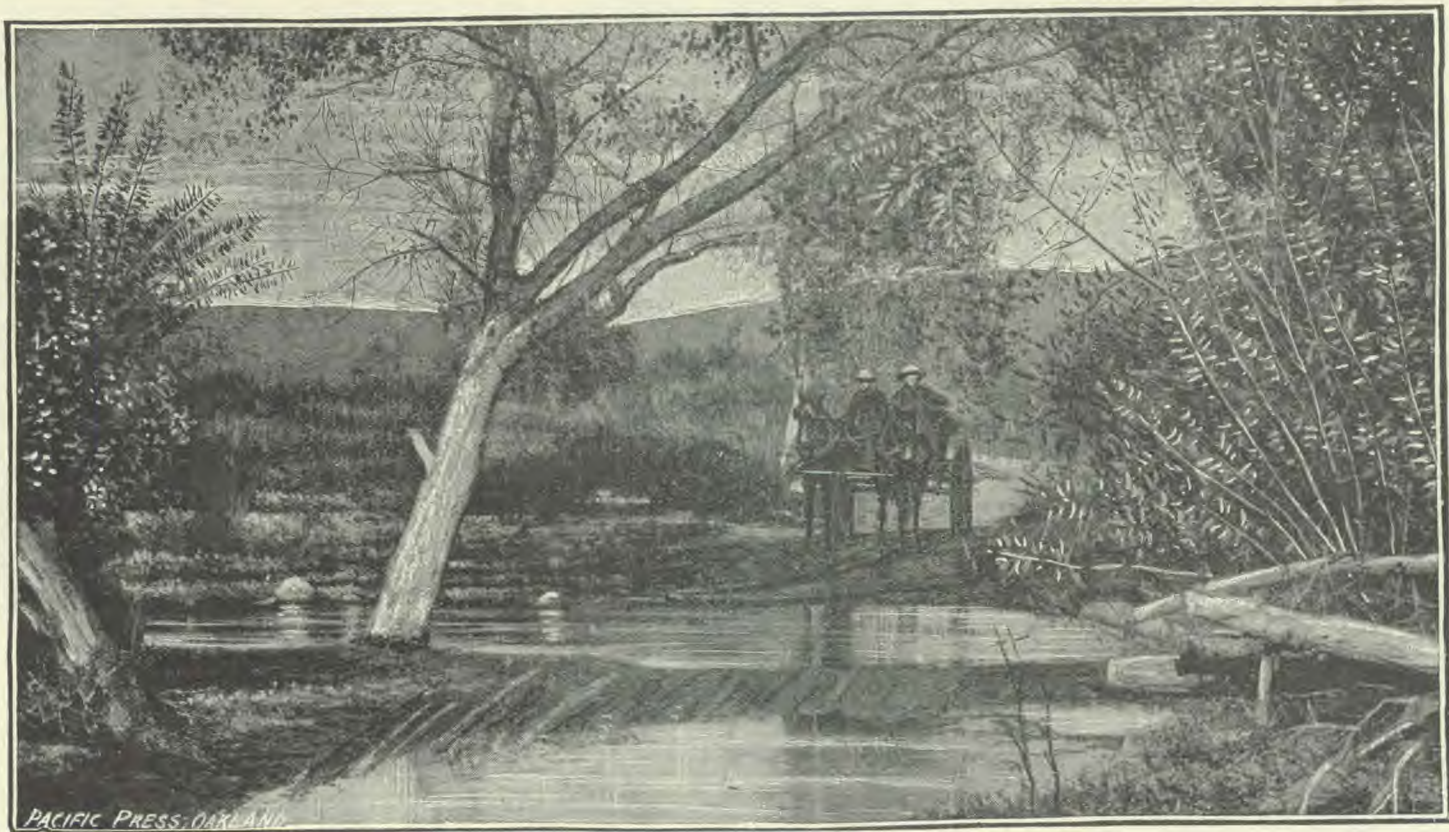
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SCENE IN SANTA ROSA, CAL.

# PACIFIC HEALTH JOURNAL

A SOUND MIND IN A SOUND BODY

VOL. XVI.

SAN FRANCISCO, CAL., NOVEMBER, 1901.

No. 11.

## IS THERE A WORSE DISEASE THAN TUBERCULOSIS?

By DAVID PAULSON, M. D.

[Supt. Chicago Branch Sanitarium.]

DURING the last few years our attention has been so constantly called to the seriousness of that well-known disease tuberculosis, that we have had a tendency to overlook some other diseases that are more obscure in their nature, yet they are none the less serious or fatal when they are fully developed.

One of these diseases is known as arterio sclerosis, because it was formerly believed that its effects were principally confined to the blood-vessels. Frequently the pulse in an aged person feels almost as rigid as a pipe stem, and as irregular and rough as a string of beads. It is universally recognized that such a person is liable to suffer from a stroke of paralysis, because the blood-vessels in the brain also become likewise brittle, and upon some unusual exertion, the increased force of the heart's action increases the pressure upon the arteries to that extent that they readily rupture. In the brain the pressure produced by the blood clot injures the nerves, and a partial paralysis is produced. The last few years, medical science has clearly developed the fact that the blood-vessels are not the only tissues that are liable to suffer in this way. In fact, there are other important organs that are likely to be affected as readily, and sometimes more so than even the blood-vessels.

The increasing number of people who begin to manifest this condition early in life, has developed the fact that this disease is, in reality, caused by a larger amount of poisons floating in the blood than it normally should have. Some of these poisons are being taken in daily in the form of alcohol, tobacco, tea, coffee, flesh food (partly because of the waste products that accompany it), and other unwholesome foods. Dr. Boix, of France, by a series of elaborate experiments upon rabbits, has recently demonstrated that the fermentative products resulting from digestive disorders are a very prolific cause. Consequently we are getting to have a dyspeptic's liver and a dyspeptic's kidney, which do not essentially differ in their diseased condition from the well-known drunkard's liver or the drunkard's kidney.

When we consider the ever-increasing army of those who are suffering from Bright's disease, and the multitude who are complaining with one or more of the various forms of liver disturbances, to say nothing of numerous nervous

disturbances arising from the same source, is it not a sufficient reason for adopting vigorous reform in all the habits of life, and thus begin to camp on a safer foundation before it is everlastingly too late? Thousands of people who to-day treat with disdain life-saving principles, would sacrifice the last thing they have on earth to-morrow if some one could restore again to health their dear ones, who became ill from a failure to accept and adopt these very principles.

Plain, simple, nutritious, non-stimulating dietary; daily brief applications of cold in some form; vigorous exercise in the open air; a clear conscience; a child-like confidence in the overruling hand of a kind Providence—are all essential seeds, which, when sown perseveringly, will result in a bountiful harvest of health and happiness.

*Chicago Branch Sanitarium, 1926 Wabash Avenue.*

## RATIONAL TREATMENT OF DISEASE

BY J. R. LEADSWORTH, B. S., M. D.

[Supt. Mt. View Sanitarium, Spokane, Wash.]

IN this series of articles it is designed to consider such methods and means of treatment of disease as may be safely put in the hands of the unprofessional, and such as every one should be familiar with to enable them to apply efficient help in the absence of a physician, as well as to render them capable of using these health-giving agents under the direction of a physician.

Among such rational agents may be considered the remedial properties and applications of water, light, heat, electricity, exercise, food, and mental influence. The space allotted will allow nothing more than a brief study of these agents, pointing out some of their uses and advantages, and how they may be used intelligently by those not skilled in medical lore.

While the use of water as a remedial agent has been known and practised by not a few for centuries back, yet because of its improper application many times, the medical profession has been inclined to look upon its use as a part of the system of quackery. Another reason why its valuable remedial properties are not taken advantage of by physicians, is because of their limited knowledge of its properties. The subject of hydrotherapy has not been considered of enough importance to be included in the curriculum of our medical colleges, hence what is learned by those who pass through these institutions of learning, is, to say the least, unclassified and fragmentary. But the virtues of water applications are becoming so generally recognized by all that the medical profession have begun to realize that unless they take the pains to inform themselves upon this very important subject, the public will seek some one who has the requisite knowledge, and can use successfully this simple remedy.

In a very recent number of the *Journal of the American Medical Association*, a leading Chicago physician reports having sent a letter to the various medical schools in the United States soliciting their opinion of the advisability



of making hydrotherapy, medical gymnastics, massage, and dietetics a part of the regular medical course. Of fifty-nine answers to the question, "Are you in favor of including the subject of hydrotherapy in the curriculum of the medical schools?" thirty-nine answered unqualifiedly, "Yes." The same writer says further, "The value of general hygienic conditions and surroundings; the necessity of proper and systematic exercise; the curative power obtained through the placing of the patient's mind in the proper physiological attitude; the importance of the use of a diet suitable to the case and to the individual; the bearing that heat and cold may have upon the bodily functions in general, and especially on the different parts of the human organism when intelligently applied; the efficiency of massage and electrical therapeutics—all these are now recognized as forming important elements in the alleviation and cure of pathologic conditions."

As showing the change in sentiment among the leading medical men, regarding the value and extensive field of hydrotherapy, we quote the following from an editorial in a recent number of the *Medical Standard* (Chicago): "If physicians could only realize that water is a better antipyretic than aconite or phenacetin; a better analgesic than opium; a better sedative than the bromids; a better cathartic than calomel; a better heart tonic than digitalis; a better diuretic than buchu or potassium citrate, they would certainly use it more extensively. Yet such is the case; for all these purposes water is the better (not necessarily the more active) remedy, and is harmless, provided the same intelligence and common sense are employed in its administration as are supposed to be exercised in the use of common drugs. Of course he should know something of the rationale of its employment both externally and internally."

*Mount View Sanitarium, Spokane, Wash.*

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## A DANGEROUS PRACTISE

By E. R. CARO, M. D.

[Supt. Sydney, N. S. W., Australia, Sanitarium.]

A RECENT Sydney daily gives account of a young woman who died while endeavoring to reduce her weight, and to convert the ruddiness of her cheeks into an esthetic paleness by subsisting largely upon vinegar and lemon juice.

Very few of these silly girls carry their folly far enough to cause death, but it is surprising how many there are who come under the physician's care, suffering from indigestion and an anemia, which is very difficult indeed to remedy, both conditions induced by vinegar drinking. Strange to relate, not many of these girls are really abnormally stout; the majority are naturally well-rounded, as the human form should be.

Vinegar and lemon juice, if taken in large enough quantities, will, undoubtedly, make the consumer lose flesh, but at what a fearful cost! Lemon juice is, in itself, when put to proper use, a valuable preparation; but vinegar, made, as it is, by process of fermentation, is always injurious. When taken in any

amount, the blood corpuscles are destroyed, and in this way the pale color, so much prized by some, although an evidence of physical disease, is secured. The heart is weakened; the sufferer gets short of breath; the muscles grow flabby; the liver and intestines are torpid; memory fails; and the mind becomes depressed.

A short time ago we were consulted by the parents of a young lady who had taken two cups of vinegar a day for several weeks, "to make herself thin," as she herself expressed it. She was very pale, and so weak that she could hardly walk alone. Several ulcers had broken out in the lower extremities. At the age when her strength should have been approaching the maximum, she found herself physically ruined. Although helped by careful dieting and treatment, she can never again hope for any degree of vitality.

Nature has made two great types of people,—one class adds flesh quickly, and the other only with the greatest difficulty. It is not well for the unskilled to endeavor to alter this natural arrangement, for evil invariably results.

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## ITEMS OF INTEREST

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By B. B. BOLTON, M. D.

[Director of the Los Angeles Sanitarium Laboratory.]

A SHORT time ago it was found to be possible to see gallstones when present, by means of the Roentgen ray, and now the same has been done in cases of stone in the kidney.

✻

A REPORT, issued by the Connecticut Agricultural Experiment Station, states that of forty-one brands of tomato catsup examined but six were found to be free from benzoic or salicylic acid, and several samples were colored by means of coal-tar dyes.

✻

RECENTLY a patient in a London hospital, to whom applications of pure oxygen gas were made for the treatment of a skin disease, developed a luxuriant growth of hair upon the skin exposed to the gas, and it is said that similar treatments are being given in London, with good success, for the treatment of baldness.

✻

A FRENCH firm is manufacturing a refined oil from dried coconuts, and has placed the product upon the market under the name of vegetaline. According to the *Scientific American*, the oil is more solid than butter, pure white in color, does not become rancid, and is an excellent shortening for pastry. As it is cheaper than butter, and has no peculiar taste or odor, it will probably be largely used. Being a vegetable oil, it would be free from the danger of infection due to disease in animals from which animal fats are derived.

REPORTS of the use of spinal cocainization, instead of chloroform, still continue to be favorable, and the method seems likely to take a permanent place in surgery. Many persons prefer this method, as they do not lose consciousness, being able usually to assist in serious operations, thus dispensing with the services of one nurse.

The use of eucain instead of cocain for this purpose was tried lately, and it is giving good results in the hands of several surgeons.



SINCE formaldehyde has become so popular and efficient an antiseptic and disinfectant, many efforts have been made to use it as an internal remedy, but it has been found too irritating to be used except as a local application.

The *Correspondenz-Blatt* reports the discovery of a new chemical substance called urotropin, made by combining formaldehyde and ammonia. This new drug is said to possess the antiseptic properties of formaldehyde, and is sufficiently mild to be taken internally in doses large enough to be of use where it is necessary to disinfect the alimentary canal and urinary tract.



SINCE it has been found that mosquitoes convey malaria and yellow fever, an effort is being made to rid New Jersey of mosquitoes by saturating the swamps and ponds of that state with kerosene. The result will be watched with interest, as New Jersey has long been noted for its immense numbers of mosquitoes.

Should the experiment prove successful, it will probably be adopted in other localities. In many tropical regions, however, where the mosquitoes do the most damage, it would be impossible to destroy them by this means, as they breed in broken joints of bamboo which are high above the water and inaccessible.



DR. WHITE, of the University of Pennsylvania, has found that in the blood of persons employed in lead factories there are invariably found evidences of degeneration of the blood. The doctor states, in an article in *Medical Science*, that granules of a peculiar appearance are found in the red blood cells as early as the fourth or fifth day after entering the factory, and are still found in the blood of persons who have been engaged in the handling of lead for over twenty years, showing that the red blood cell never becomes able to resist the poison.

These blood changes are found, not only in every case of lead poisoning, but also in persons who have felt no injury to their health from the contact with lead. The same condition of the blood may be produced by taking lead internally in doses of  $7\frac{1}{2}$  grains of lead acetate, the granules making their appearance within twenty-five hours from the time of taking the drug.

### THE VALUE OF LEMONS

MOST people know that for cleaning brass trays, ornaments, etc., nothing is better than lemon juice; but this is only one of the many ways in which this fruit may be used.

Half a teaspoonful of juice squeezed into a glass of lukewarm water, with which you wash your teeth, gives a delightful feeling of cleanliness to the mouth. Rinse it afterwards with water.

Any peel not needed for immediate use should be slowly dried in the oven and stored in a tin for flavoring. A little of this dried peel cooked in an apple pie, or with apple sauce, gives the fruit a delicious flavor.

Just a squeeze of lemon juice added to sauces, soups, gravies, or stews, after cooking, brings out the flavor wonderfully, and is a great improvement.

For a cough a baked lemon is an excellent remedy. Put it into a moderate oven and let it remain till soft. Mix together an equal quantity of honey and the juice of the baked lemon, and take a teaspoonful, which should be warm, when the cough is troublesome.

If you want your hair to look soft and glossy after washing, use lemon instead of soap. You may either rub the lemon itself on the head, or squeeze the juice from it. First damp the head all over with warm water, then rub the lemon well into the roots of the hair, and rinse in several lots of warm water. Boil a pint of bran in a gallon of water for the actual washing, strain, and add a little borax in the rinsing water.

A lemon bath is a luxury. For this two or three lemons are sliced into the bath water half an hour before it is required. The sense of freshness and cleanliness it gives, and the suppleness and smoothness it imparts to the skin, are things not soon to be forgotten.

Lemons rubbed on the hands remove stains, and help to keep them soft and white. It is good for the face, too, if mixed with an equal quantity of rose or elder-flower water.—*M. H. Tuxford.*

### THE DIET OF A WISE PHYSICIAN

MY family and I have lived on vegetarian principles for ten years. For my own part I took refuge in vegetarianism from bronchial catarrh, and have known what health means since that time, though I had already reached my forty-second year. I am in active practise, and am fully able to cope with my strenuous work as physician to the sanatorium at Waldesheim, near Dusseldorf. My wife is in excellent health. We have five children; the eldest, a boy, is twelve years old. Since his second year he has certainly not tasted flesh food; before that time he may have eaten a little, as we were not vegetarians at that period of his life. He is extremely well developed for his years, a good gymnast, pedestrian, and cyclist, with great staying power. At school he keeps his own; his lessons give him no trouble, and he always belongs to the upper half of his class. Weight, seventy-one and one-half pounds. Our second child is ten, a life vegetarian. She has excellent health, weighs sixty pounds, does

well at school. My three youngest children are, respectively, girl, eight years old, weighing fifty-eight pounds; Johann, six years old, weighing forty-two pounds; Rudolph, two years old, weighing thirty pounds. These children have never been seriously ill.—*Dr. Martin.*

### THE ART OF BREATHING

It is, perhaps, one of the signs of the times to those alert for indications that the art of breathing has become more and more a subject of attention. Oculists as well as physiologists go deeply into its study in a way hardly to be touched upon here. Physicians have cured aggravated cases of insomnia by long-drawn, regular breaths; fever-stricken patients have been quieted, stubborn forms of indigestion made to disappear. A tendency to consumption may be overcome, as some authority has within the past few years clearly demonstrated, by exercise in breathing. Seasickness, too, may be surmounted, and the victim of hypnotic influence taught to withstand the force of an energy directed against him.

There is a famous physician of Munich who has written an extensive work upon the subject of breathing. He has, besides, formulated a system by which asthmatic patients are made to walk without losing breath, and cured. At Meran, in the Austrian Tyrol, his patients (almost every royal of the house of Europe is represented) are put through a certain system of breathing and walking. The mountain paths are all marked off with stakes of different colors, indicating the number of minutes in which a patient must walk the given distance, the breathing and walking being in time together. As the cure progresses, the ascents are made steeper and steeper.—*Public Health Journal.*

THE annual reports of the registrar-general of the army uniformly show that the total abstainers suffer a markedly less ratio of sickness and mortality than the rest of the army. During the Civil War, while our army was on the peninsula, there was much sickness from both malarial and typhoid fevers, and as there had been no regular alcoholic liquor ration for the soldiers, it was deemed best to give each soldier a moderate daily ration of liquor as a preventive of sickness. But Dr. F. H. Hamilton, who then was at the head of the medical staff, with that division of the army, tells us in his work on "Military Hygiene," that the sickness was so markedly increased by the alcoholic ration as to cause its banishment in less than sixty days.—*Bulletin American Medical Temperance Association*

THE nervousness and peevishness of our times are chiefly attributable to tea and coffee. The digestive organs of tea and coffee drinkers are in a state of chronic derangement, which reacts on the brain, producing fretful and lachrymose moods. Fine ladies addicted to strong coffee have a characteristic temper, which I might describe as a mania for acting the persecuted saint. The snappish, petulant temper of the Chinese can certainly be ascribed to their immoderate fondness for tea.—*Dr. Beberfeldt.*

## EDITORIAL DEPARTMENT

### "VEGETARIANISM AND INSANITY"

A SUBSCRIBER has sent us for review a clipping entitled "Vegetarianism and Insanity," based on the alleged fact that a student of Harvard who adopted vegetarianism became insane.

In the first place, there is nothing to show that it was the vegetarianism that caused the insanity. Our insane asylums are filled with meat eaters, and the *one* vegetarian who became insane is the exception which proves the rule.

You may search carefully the record of our asylums and you will not find vegetarianism given as one of the causes of insanity. Neither will you find it in the text-books on mental diseases. In fact, a vegetarian diet has been adopted with good success in the wards of the Kalamazoo Asylum, and possibly in others. In some forms of insanity the restriction or discarding of meat was found to be a decided benefit.

Our friend says: "There is no doubt that vegetarianism would be an ideal dietetic condition. There is something repulsive in eating huge pieces of meat, murdering our fellow-animals to obtain them." Good; but he spoils it in the next sentence: "But, constituted as at present, meat eating is an absolute necessity, especially when hard mental effort is required." Our friend has written without taking the trouble to investigate; for some of the most eminent men of all times have been vegetarians. At present there are thousands of persons sound in mind and body who can testify that meat eating is *not* an absolute necessity.

He says, "Our teeth are arranged for meat eating as well as for the eating of vegetables." Here again our friend is misinformed. If he will go to some museum and compare the teeth of a human skull with those of different animals, he will find that the human teeth most nearly resemble those of the anthropoid apes, whose diet is not meat, but nuts and fruits. The entire intestinal tract in man, if compared anatomically and physiologically with the lower animals, shows by analogy that man's proper diet is not carnivorous, but frugivorous.

"Our nerves crave meat, and this craving increases enormously with increase of mental activity." No doubt. And so with any stimulant which one is accustomed to take.

"The huge Egyptian propelling a dhow on the Nile may live on a few handfuls of grain. But the Egyptian priest, who measured the Nile's waters, predicted the floods, and provided for the welfare of the people, did *not* confine himself to vegetables." And he would not have been a vegetarian if he had. A vegetarian is *not* one who confines himself to vegetables. The original of vegetarian is *vegetus homo*—a strong, healthy man, eating of the natural products of the earth in such a way as to maintain in himself soundness of

mind and body. A diet of vegetables is an impoverished diet; a vegetarian diet is the opposite. Daniel and the three Hebrew children partook of a vegetarian diet, as we can know from its result.

Those who live entirely on meat and *vegetables* think correctly that if the meat were taken away they would fare badly. The vegetarian has fruits, nuts, cereals, legumes, and vegetables. These may be made to furnish an almost infinite variety of tempting dishes, containing all the elements of nutrition in a digestible form. To these some add eggs and dairy products.

"The time will come perhaps when we will safely respect life, and refuse to devour meat. That time has not yet come." Why not? And if it is to come, what is to bring it about? The eating of more meat? The time HAS come for many who have had their eyes opened to the respective merits of a mixed and a non-meat diet.

Our friend concludes with the thought that, while we sympathize with the boiled lobster, there may be just as good cause to sympathize with the cabbage boiled alive as with the lobster boiled alive. It was Festus who said to Paul, "Too much learning hath made thee mad." In the case of our friend, the cause is perhaps not too much learning, but too much meat.

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## THE WARFARE AGAINST TUBERCULOSIS. NO. I

TUBERCULOSIS no longer heads the mortality list to the extent it did. The improved hygiene, public and private, which has come from patient investigations into the nature and communicability of tuberculosis, has resulted in a gradual lowering of the death rate from this disease; yet we have much to learn regarding the disease and its cause, and much more earnest work to do in order to stamp it out.

In the treatment of tuberculosis, hygienic methods are becoming more popular. Chief among the factors relied upon for a cure are abundance of air, food selected to give the greatest amount of nourishment with the least digestive effort, rest cure, graduated exercise. Attention is given, of course, to the cough, fever, sweats, hemorrhages—symptomatic treatment—but the curative measures are largely hygienic, as outlined above. This is especially true in the institutions established for the treatment of tuberculosis. Less dependence is placed on drugs than formerly. We have learned that it is impossible to so saturate the system with germicides as to destroy the bacilli in the midst of tubercular deposits. Cod-liver oil has had its day, though oils are still used in the foods, and petroleum in emulsion and in the form of vaseline has recorded some cures.

Creosote and its modifications was for a long time a standing remedy, but is now losing ground. A remedy which has recently shown some excellent results in tuberculosis of the skin, joints, and glands is *urea*—a waste product of the body, which reminds us of the treatment which some years ago caused great excitement for a brief period and then fell into contempt, namely, the injection into the bowels of sulphuretted hydrogen gas. The urea treatment has a more rational basis, however, than the sulphuretted hydrogen treatment.

Much has been done in the line of educating the people regarding the prevention of tuberculosis; and to-day there are few intelligent people who are not reasonably well informed in regard to the infectious nature of tuberculosis and the danger arising from carelessness in the disposal of sputum. Few even of those who know the danger arising from the scattering of infected sputum act in accordance with their knowledge. Where there is a case of tuberculosis in the family, the other members hesitate to insist on proper sanitary precautions, for fear of offending the unfortunate victim.

There may sometimes be among the infected some of the spirit manifested by a patient at a pulmonary sanitarium where the rules were very rigid regarding expectoration on the grounds. This patient would hire a carriage, and, when off the grounds, would expectorate in the street, saying, "Now go and infect some one else." Possibly there are few who manifest such a diabolical spirit; yet there are many who, after being carefully instructed, fail, either through carelessness or forgetfulness, or through a dislike to brand themselves as consumptives by carrying a cuspidor, to take proper care of their sputum.

Governments are doing much to relieve the situation by suitable legislation, but far more remains to be done. There is great opposition to quarantine against tuberculosis. Laws to compel the registration of all cases of tuberculosis meet with more or less opposition from the medical profession. Efforts such as were made in California, to prevent the immigration of consumptives from elsewhere, meet with a perfect torrent of indignation. The boards of health have done something. Perhaps in some cases they have attempted too much, or have tried to bring about reforms before the public were ready to receive them; but there is much more to be done. Every Board of Health should provide for the free examination of suspected sputum, and should disseminate circulars of information among the families having cases of tuberculosis, especially in the densely-crowded districts; and provision should be made for the medical supervision of such families with a view to limiting the disease as much as possible.

The Board of Health should supervise the disinfection of dwellings occupied by tubercular patients, at certain intervals, and always when the family moves or when the patient dies. Houses which have a tubercular history, where one case after another develops, even after careful disinfection, should be destroyed. And the authority should rest with the health officer to isolate all patients who after due instruction refuse to take proper care of the sputum. Spitting ordinances are of value when they are enforced, but expectoration in the streets should be prohibited as well as on the sidewalk.

It is estimated that a tubercular victim expectorates as many as 5,000,000 bacilli per minute. If the sputum containing this infectious material is allowed to dry, it becomes pulverized, and these millions of germs are thrown into the air, to be inhaled by others. This is probably the most important means by which tuberculosis is spread. While moist, this matter is not so dangerous; but on carpets or floors, on the street or in handkerchiefs, the infectious material dries rapidly, and the mischief spreads. We are thus at the mercy of



those who through ignorance or indifference fail to properly dispose of the sputum. There is the strongest proof of the communicability of tuberculosis by this means. In communities resorted to by consumptives on account of the favorable climate, it is noticed that gradually the inhabitants of the place become victims to the malady. The location becomes saturated, as it were, with bacilli, and in place of being a "cure," it becomes a center of infection.

The next article in this series will be on the care of the sputum, and the room of the consumptive.

## SCHOOL HYGIENE

THE great fault of the age in this country is a nervous haste to crowd the work of many years into a few years. In the mad rush for wealth men attempt to live sixty years in thirty, the result being that many of them are ready to drop into their graves in the prime of life.

This same principle has been carried into the public schools, so that the great ban of the schools at the present time is the cramming system. Educators are recognizing this and using their influence to shorten school hours. Many of the teachers recognize it, and would gladly assist in this work, but the fault lies largely with parents, who feel that the teachers are paid to take care of their children for at least six hours in the day.

It may be very convenient for parents to have their children out of the way from 8:30 in the morning to 3:30 or 4:00 in the afternoon, but it is disastrous for the children, who should not be in school at all until they are eight or ten years old, and at that age not more than four or five hours a day. Prominent educators realize this. The experience of those who have kept their children out to this age or even later is evidence that nothing is gained by school life for young children. Precocity is one of the evils of the day, the effect being to put old heads on young shoulders. It takes from the child that youthful vivacity and spontaneity which can never be returned to him.

The child who is permitted to enjoy his younger years in freedom and in converse with nature, will, when he enters school, rapidly pass by those who entered the school at a more tender age.

The mind of the child of eight years and under should not be vacant, and will not be vacant. If not occupied with something which is useful, it will be engaged in some mischief. Its mind should not be kept with books, but with the study of nature in its familiar forms. Parents should be the teachers. If the child is taught to use his eyes and to become keenly observant of what is passing on in his surroundings, he will be far better prepared for his future work than he will be by spending these early years in poring over books.

A large percentage of the eye troubles to which young people are subject are caused by school life. The eyes, which are naturally far-sighted in childhood, are forced to do work in an unnatural position at a very short distance, and short-sightedness results, the eyes often being irreparably injured.

Parents would be wise to keep their children from school until the age of eight or ten, and use their influence to have short hours. Four hours' work is sufficient for the child, and none of the grammar grades should have home work given them.

## HYPNOTISM

THE San Francisco Sunday *Call* recently published an article saying that hypnotism is not regarded with equal favor by all members of the medical fraternity. For instance, Dr. C. G. Kenyon is reported as saying: "I do not favor hypnotism. It is a bad agent in the hands of unprincipled persons, and I think the majority of physicians in good standing disapprove of it. I know there are some good physicians who favor its use, but they are the exception that proves the rule to the contrary. Its use is limited almost entirely to hysterical patients, and it might assist in nervous trouble. It has no curative qualities, and I do not think it has made much progress or headway. *The evil that could be done with the aid of hypnotism is practically unlimited, and the good is so very limited that on the whole it should better be frowned upon by all, including the medical profession.*"

Dr. Geo. F. Shiels is quoted as follows: "It is a very dangerous force, and I do not approve of its use either by physicians or any one else. When put to legitimate purpose, it is not of any great benefit either in medicine or surgery. It could not possibly take the place of an anesthetic, although it has been substituted for it in mild operations, where the pain would not, even were the patient conscious, be very severe. It is claimed the British army surgeons in India have used it in amputations, but those are the only operations of that kind reported. For the few good things for which it can be used, there are many bad ones, and the *evil far outweighs the good.*"

Dr. Louis Bazet expresses himself thus: "Hypnotism? Why, I really never tried it, and have not seen much of it, so my opinion on it would not amount to anything. Of course there is such a thing, but I always feel like classing it with the work of mediums and clairvoyants. It is so associated in my mind, though some physicians approve of it. I do not think the majority favor it. Hysterical patients are about the only class benefited by it."

There are other quotations from other physicians favoring hypnotism. The *Call* expresses itself in the following language: "Is hypnotism to be a part and parcel of medical practise? Judging from what some of the doctors say, it is so useful an aid to medicine that we may expect to see it in the near future packed away in every neatly monogrammed black leather case that accompanies a frock coat. Judging from what others of the doctors say, it is all one with quackery, with foolery, with fakery. It is not reputable enough to be considered by any physician. Judging from what all of them say, its use, if it has any, is greatest in the curing of nervous diseases.

"In Russia a law has been passed making it a criminal offense to hypnotize, or to be an accomplice, aider, or abettor in hypnotism. Its advisability is being questioned in France, and the question may end with its being illegal there."

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## WAR DECLARED UPON THE TRAILING SKIRT

NOT long ago it was reported that the trailing skirt had become so distasteful to those of some parts of Europe that measures were being taken to

stop its use. In Saxon, Switzerland, notices were said to be posted in public, notifying that wearers of trailing skirts would be fined. In Upper Austria, several instances occurred of ladies having their dresses torn by rabid opposers to their long skirts. In Ems, Prussia, notices were posted refusing admission to the public gardens of those whose skirts were objectionably long.

While matters might be carried to indecent extremes in a war against trailing skirts, public sentiment ought to unite in condemning them as a part of, at least, public attire. Within the precincts of their own home, ladies have a perfect right to sweep their carpets with their skirts, and, for that matter, it is their personal privilege to stir the filth of the street about their limbs by the same method. But to the uninitiated it certainly seems, to say the least, a very unsanitary process of locomotion.

Then, too, on occasions of moving in company where they are pressed from behind with hurrying crowds, such attire often becomes a great nuisance. Trailing on the earth, or walk, as it does, more or less, it seems at times almost impossible to avoid stepping on it. But to do this causes angry feelings on the part of the wearer. The sensible remedy is to wear a sensible dress, one short enough to clear the filth of the street and the feet of those who have at times to march immediately behind it. c.

### A NEW STOCK DISEASE

LATE advices from British Columbia report a new disease in that region which mortally attacks horses, cattle, and swine, many thousands having fallen under the scourge. Its symptoms are similar to those of influenza, but more severe, and more rapid in development. Most of the creatures affected die within a week, being paralyzed for the last two days. A few recover, but are helpless, being paralyzed in the back and hind quarters.

This is but one more item pointing to the fact that flesh as a diet carries danger to those who indulge in it. Being liable to such violent attacks of mortal disease, their systems must be full of poisons detrimental to the human body, rendering it liable to contagion, and consequent death. Those who value health and life should, therefore, discard flesh-meats as unfit to be taken into the stomach, and adopt a more natural diet of grains and fruits. c.

FOLLOWING the publication, in the United States and England, of a number of newspaper articles in which salt injections and salty food were represented as a panacea, a sort of elixir of life, the consumption of salt in the restaurants of London became so great that salt-cellars usually filled but once in two or three days were often emptied more than once a day, and the demand for pickled pork, bloaters, and other salty dishes was remarkable. Such a craze as a rule is short lived, but, unfortunately, there are left in their wake a few who have found in the "new idea" a hobby from which they can not dismount.

THE moments we forego  
Eternity itself can not retrieve.  
—Schiller.

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## NOTES AND COMMENTS

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THE following plan, which has been known to induce sleep in cases of persistent sleeplessness when drugs have failed, is well worth a trial. The method is to give some liquid food just before the patient retires. This, by drawing the blood to the abdominal organs, takes away the cerebral excitement which prevents sleep.

A CASE has recently come to light in which a soldier who was a postage-stamp collector, contracted tuberculosis from the stamps which he moistened with his tongue in order to stick them to stamp albums. The stamps being suspected as the cause of the trouble, watery solutions were made up from them and injected into a number of guinea-pigs, every one of which developed tuberculosis. This should serve as a warning not to use the tongue as a paste-brush or the mouth for a wall-pocket.

ROSENBERGER, after making careful examination of the clinical thermometer cleansed in the usual manner, concludes that the transmission of disease by this means is quite possible, and advises that each patient have his own thermometer, as sacred to his own use as his tooth-brush; that where reasons of economy prevent this, the thermometer should be disinfected both before and after using. He recommends the method now prevalent in hospitals, of keeping the thermometer constantly in a disinfecting solution.

DR. GEO. H. CARVETH, of Toronto, Canada, uses the open-air method of treatment for various ailments: (1) In the house with wide-open windows. (2) In beds on the veranda. (3) In beds under tents on the lawn. The patients at first averse to this method of treatment became very much attached to it, so they returned indoors with reluctance.

In northern Europe this outdoor treatment is in vogue in the treatment of consumption, in all kinds of weather, snow, fog, rain, wind, or even a temperature below zero being no contraindication, patients being wrapped up in furs for warmth.

RECENTLY bacteriological examinations to determine the efficiency of the present method of bacteriological treatment of sewage demonstrated that, although the waste is chemically purified, it is very little improved so far as the contained bacteria are concerned.

Crude sewage containing several million bacteria before treatment contains five million afterward, a reduction of less than one-third. If typhoid fever or other sewer-borne infectious germs are present they will only be partially removed by present methods. The only safe method is to prevent their entering the sewer system.

# WOMAN'S DEPARTMENT

CONDUCTED BY MRS. M. C. WILCOX, 418 EAST 23D STREET, OAKLAND, CAL.

## THE TRUE WOMAN

BY RAT MORSE

"SHE was a phantom of delight  
When first she gleamed upon my sight,  
A lovely apparition sent  
To be a moment's ornament;  
Her eyes as stars of twilight fair;  
Like twilight, too, her dusky hair;  
But all things else about her drawn  
From May-time and the cheerful dawn;  
A dancing shape, an image gay,  
To haunt, to startle, and waylay.

"I saw her upon nearer view,  
A spirit, yet a woman, too!  
Her household motions light and free,  
And steps of virgin liberty;  
A countenance in which did meet  
Sweet records, promises as sweet;

A creature not too bright or good  
For human nature's dainty food,  
For transient sorrows, simple wiles,  
Praise, blame, love, kisses, tears, and  
smiles.

"And now I see with eye serene  
The very pulse of the machine;  
A being breathing thoughtful breath,  
A traveler between life and death;  
The reason firm, the temperate will,  
Endurance, foresight, strength, and skill;  
A perfect woman, nobly planned,  
To warn, to comfort, and command;  
And yet a spirit still and bright,  
With something of angelic light."

Wadsworth wrote these lines to his wife after they were three years married. This is as it should be. The true woman need not fear to lose on closer acquaintanceship.

Do you know that the annual number of divorce cases in the United States is many times greater than in all Europe together, whose population is more than six times as large as ours? Of course, there are many pros and cons in regard to this question, but the point for the readers of this page to consider is how much of this is due to lack of womanliness. A prominent minister, in speaking on the question, "Is Marriage a Failure," said: "One girl marries because it is her first offer; there may not soon be another, and she might do worse. Another, to get ahead of a rival, or just for novelty's sake, or because her little sisters had never seen a wedding and she thought it would please them so much; or to relieve her mother's fretting about her chances; or to get out of the way of younger sisters who are fast crowding up to her; or to cease to be a burden to her father; or because he is a 'big catch;' or because she is tired of working, tired of waiting, to be an old maid is horrible, and she would rather be married and miserable than single and happy."

Can we expect happy results when marriage is entered into for any of these reasons? And should the true woman consider any of these things?

It has been said, "It is woman's place and pride and pleasure to teach the child and man, morally in his infancy." This blends the old and the new idea charmingly. Close association is bound to disclose imperfections; we can not hope to escape, but we can meet all things in a true, womanly manner. Less impatience, less impetuosity, less selfishness, less extravagance, less sensitiveness, more love, more insight, more foresight, more forbearance—here are possibilities to make humanity potentially divine.

## MOTHERS SHOULD STUDY THERAPEUTICS

To womankind belongs the tender and loving ministry of nursing the sick. The true woman seems so beautifully adapted to this work; she comes to the weary, the sick, and the suffering one as an angel of mercy. There is healing in her very touch, so gentle, so tender, so true. Her field of usefulness in this one line can scarcely be overestimated. Standing, as she often does, between the living and the dead, it would seem that all that was within her would be aroused to make her ministry truly efficient, from both a physical and moral standpoint. But, like all fields of great usefulness, there is a sad lack of devoted worthy service in this line.

The great increase in service from the medical profession indicates that woman is not filling her mission. If she were not far below the mark, the service of the medical man would, by no means, be in such demand. It does not need a prophet to predict what the future will bring if women, especially mothers, do not awaken and seek to fill their God-given responsibilities in respect to the children committed to their charge.

It is painful, indeed, to see the ignorance manifested among mothers in regard to the construction of the body and the laws of health. The children need only to complain of a pain in the stomach or suffer from an attack of colic to demand the service of the family physician. A wise mother—one who had studied the subject of disease and its causes—would readily discover the cause of the suffering and herself apply the proper remedy.

A tender and wise Creator has not left mothers without reasoning powers. He gave to the lower animals only instinct, and, instinctively, in sickness they know what to do. But to mothers He has not only given reason but a keen instinct as well, which, when combined with reason, could be used most effectively in the care of children in both sickness and health.

It is because man has departed so far from God's original plan that the instinct of mothers is not more acute and a safer guide in time of emergency. God certainly meant it to be a great blessing to womankind. But by many and repeated transgressions of the laws of life, mothers have made themselves quite insufficient for the work of caring for their offspring, especially in sickness.

They reason that the family physician knows all about the peculiarities of the family, and so they trust their precious charge entirely to him in times of sickness.

The case is a rare one indeed that would need, under the supervision of a wise mother, to demand the service of a physician for children in any of the simple diseases incident to childhood.

What does the doctor do for you more than to leave a little medicine to relieve the pain (by benumbing the tender nerves), and offer a few words of advice? It is nature that must do the work of restoring; medicine can never do it, never, and often it retards instead of hastening recovery. A warm hot-water bottle over the seat of pain, a warm bath, a gentle rubbing with oil, will often quiet the little one and cause it to fall into a quiet sleep, from which it may awaken quite well.

In case of fever arising from indigestion, so incident to childhood, the mother should see that the child's bowels are not constipated, open the pores of the skin by a warm sponge bath, apply a wet girdle over the stomach and bowels nicely covered with oiled silk or something similar, and let the child sleep as much as it will.

Think over carefully what the child has eaten in the past twenty-four or even forty-eight hours that has caused the disturbance; you will probably discover the cause; then be guarded another time. Do not urge the child to eat for twelve hours at least. Should it appear hungry, give it something very simple and easy of digestion.

Mothers should study, for the sake of their children, the subject of foods and their comparative values.

Why not educate our children to like simple things? We want them to be happy, and to be happy they must be healthy. To be healthy they must eat simple foods, unstimulating in character. Remember that if you take them right from their birth, their appetites are, unlike your own, unperverted, except that which you have transmitted to them. You can educate them as you will. Do not, as you long for their future happiness, create in them a love for sweets. Do not foster in them a love for tea, coffee, pickles, meat, and pastry. It has only been a few months since the writer of this article learned that confectioners were paid for putting into their products that which would create an intense desire for drink that simple water would not quench.

Where are the mothers that are awake to these snares of Satan? It is true it means much work for mothers to be their own physicians. It is easier to pour down a child some medicine that will quiet its pain than to relieve it by outward applications. It is true that it is easier at the present moment to yield to the desires of a child in giving it the thing it cries for than to be firm and determined and teach it a very useful lesson for the future. It is such a common method of dealing with children to coax them to be good by offering to get them candy or something good to eat. But, oh, the reaping time always follows the sowing time! Think, mothers; weigh matters for the future. Possibilities that can not be estimated are wrapped up in those children of yours. How are you developing them? You may shirk your duty now, but you will some day be called to give an account of your stewardship.

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## WHERE SHALL THEY GET IT?

BY A FATHER.

THEY will get it somewhere, parents.

"Who are the 'they'?"

Your children whom God has given you.

"What will they get?"

An education. They are bound to get it. The mind, the brain will receive impressions; it will be moulded and shaped by what it receives, by its environments, by the teachings given it, by the example set before it.

You love your children, do you not? Do you love them for your own pleasure or for their good? Do you love them so you are willing to sacrifice for them time and thought and energy? To save others Jesus gave Himself. No one can save others and at the same time save himself. This is true of your relation to your children.

Or are you, mother, one of those who do not like to be bothered by the little ones? Do you feel relieved when they are out of your presence, when the latter are away? Do you know what this often means? It means that your children have been sent to school on the street. There is the place where nearly always Satan begins the education. It is his kindergarten or primary school. Foul words, filthy acts, low deeds are the object lessons. You do not have time to have them with you when they are upon the street; of course you could not find time to correct the street impressions. You are by your neglect fostering a fearful educational system.

But this is enough for the present, save this thought once more: *Your* boy will be *educated somewhere*—where?

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### AN ENCOURAGING WORD

MANY well-intentioned parents, in their earnest desire not to spoil their children with flattery, too often withhold entirely those words of encouraging appreciation which, if only spoken, would be potent in enabling the young to move forward, onward, and upward in the way the good Lord would have them go. Such parents, while never giving their children any kindly words of well-merited commendation whatever, frequently severely censure them, and point out their faults, real or imagined. Is it any wonder that in such cases the young often become disheartened and utterly discouraged?

A kind word of appreciation at just the right time has given the initial impulse to the triumphant success in life of many of the noblest, bravest, and best men this world has ever known. Rev. J. R. Miller, the well-known religious writer, has very truly said:—

“A great artist says his mother's kiss made him a painter. It was thus she commended his first rude efforts. If she had discouraged him then, he would never have become an artist. Her pleasure in his work, poor as it was, and her cheerful encouragement, inspired him to go forward.

“Shall we not learn to look upon all other people and their work as Christ looks upon us and our work,—with patience and love? Shall we not refrain from every fault-finding word that we are tempted to speak when we see something that to our eye is a flaw or a mistake? Of course we can all criticize; but criticism is not a high Christian attainment, *not a fruit of the Spirit*, not an art in which proficiency is honorable.”—*J. C. Bartholf.*

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



## THE COOKING SCHOOL

"It is the duty of physicians to educate, by pen and voice, all who have the responsibility of preparing food for the table."

"UNLESS the food is prepared in a wholesome, palatable manner, it can not be converted into good blood."

"GREAT care should be taken when the change is made from a meat to a vegetarian diet, to supply the table with nicely-prepared, well-cooked articles of food."

### VEGETABLE MEAT DISHES

BY EVELENE HELMAN, M. D.

WARM autumn days will soon be past and chilly weather will compel us to bring out our flannels and overshoes, and as a change in wearing apparel becomes necessary, nature also suggests a change in our dietary.

During the hot summer months we have chosen cooling and refreshing foods, but now we must add to our bill of fare foods which will supply the heat and energy necessary to fortify the system against the cold. To meet this requirement we select those rich in fats and nitrogen, such as nuts, legumes, eggs, and milk. Any or all of these are obtainable in almost any locality, and may be used in a variety of ways. We shall not occupy time or space here in discussing the comparative nutritive value and digestibility of these foods, as that ground has been covered in previous numbers of the JOURNAL.

The purpose of this article is to furnish a few recipes for the preparation of vegetable meat dishes, the principal ingredient of each being nut foods or legumes, as these contain in abundance, and in a natural and pure state, the necessary fats and nitrogenous elements, for which animal foods are chiefly used.

**Protose Hash.**—Use three cups cold boiled potatoes chopped, two cups chopped protose, one cup chopped onion, and one cup water. Add salt, mix thoroughly, and heat over the fire or bake in a hot oven for half an hour or longer.

**Braised Protose.**—Oil the bottom of a deep baking-pan, sprinkle with minced onion and sage, and cover with slices of protose about three-fourths to one inch thick. Cover this one or two inches with a vegetable stock, and bake until the stock is a thick brown gravy.

**Lentils with Mashed Potatoes.**—Take three cups stiff, well-cooked lentil pulp, one cup strained tomatoes, and one cup finely-chopped English walnut meats. Mix, season with salt, and put a layer about two inches deep in a baking-dish. Over this put a layer of lightly-beaten mashed potatoes. Bake in a moderate oven until dry enough to slice nicely. The dish should be covered for the first twenty minutes to prevent the potato from drying and browning before the lentil mixture is baked. Serve with tomato sauce or nut-butter gravy.

**Bean Patties.**—To four cups of white bean pulp and one cup of zwieback crumbs add one-half cup of nut cream and beat together. Form into patties about one inch thick and bake until mealy throughout and brown on top. Serve with a plain tomato sauce. Dried Scotch peas may be used in place of the beans.

**Plain Lentil Roast.**—One and one-half cups lentil pulp, one and one-half cups strained stewed tomatoes, one cup crushed crumbs or granola, one tablespoonful nut butter, one teaspoonful powdered sage, one teaspoonful salt. Mix, turn into a baking-dish, and bake until quite dry. Serve plain or with a browned-flour gravy, seasoned with tomato and nut butter.

**Vegetable Stock.**—Cook together for one to three hours one pound chopped protose, one-third pound nuttose, and an equal quantity of chopped turnips and carrots. Season well with onions and celery. Strain and mix equal quantities of this broth with bean broth, and to each quart of the mixture add two rounded tablespoonfuls of browned flour, one of nut butter, and one cup of strained stewed tomatoes.

**Creamed Nuttolene with Egg.**—Mix together two pounds chopped nuttolene, eight hard-boiled eggs chopped, and one scant tablespoonful of salt. Prepare a sauce from one quart of milk, three-fourths pound of pastry flour stirred smooth with cold milk. When cool add three beaten eggs, one teaspoonful minced onion, two teaspoonfuls minced parsley, and one and one-half teaspoonfuls salt. Put a thin layer of the sauce in a pudding-dish, then a thick layer of the nuttolene and

egg mixture, continuing till the dish is filled. Sprinkle the top with bread crumbs and bake in a quick oven until it boils up all around.

**Roast Imperial.**—Mix well together equal parts of lentil pulp, pea pulp, and English walnuts finely chopped. Add salt and sage to taste. Make a dressing by using zwieback well moistened with rich milk, salt, and powdered sage enough to give it a pronounced flavor. Line the bottom and sides of a baking-dish with the legume and nut mixture, fill in with a cone-shaped layer of the dressing, then fill the pan level with the legume and nut mixture. Press down and bake for one hour, or until dry enough to slice. Serve in slices with a cream-tomato sauce, or with a spoonful of brown cream sauce on one side and a teaspoonful of tart jelly on one end of the dish.

**Lentil and Nut Loaf.**—Take one pint of well-cooked lentil pulp, one cup of strained stewed tomatoes, one and one-half cups walnut meal, a very little pulverized sage, and enough granola or crushed zwieback to make quite a stiff mixture (probably one cupful). Bake for forty minutes or longer in a moderate oven.

**Tomato Gravy.**—To strained tomatoes add flour until the consistency of ordinary gravy. Season and cook. (A nice gravy, or sauce, for vegetable roasts.)

“EVERY room in our dwellings should be daily thrown open to the healthful rays of the sun, and the purifying air should be invited in. This will be a preventive of disease.”

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## QUESTION DEPARTMENT

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**Intestinal Antiseptic—Acid Stomach.**—M. K., Los Angeles, asks: (1) How should vaseline be used as an intestinal antiseptic? (2) Is soda bicarbonate beneficial in excessive acidity? (3) If not, what remedy could I use? (4) What fruits should I avoid?

(1) Take one teaspoonful of pure white vaseline three or four times a day, preferably on an empty stomach. (2) The use of soda is not advisable for acid stomach. It affords prompt temporary relief, but tends to increase the catarrhal condition which causes the trouble. If there were no other means of relieving the acidity, the soda might be used, as it would probably do less harm than the acid; but other means should be tried first. (3) The regular use of the stomach douche with one pint distilled water containing four grains of silver nitrate gives excellent results in excessive secretion from irritability of the stomach walls. The stomach should be first washed clean, then, after throwing in the silver solution, it should be carefully siphoned out, and followed by a solution containing one teaspoonful of salt to the pint of water, which should also be siphoned out. This treatment should be given every other day for several weeks to effect a cure. It should be given under the guidance of a physician. Simply washing the stomach daily sometimes gives good results. A half glass of *hot water* half an hour before meals affords some relief. (4) Avoid acid fruits, tomatoes, coarse and irritating foods.

**The Material for Underwear.**—E. H. H., San Francisco.

1. The reply in the September issue to the question, "Which is the best material for underwear?" contained one statement which the writer desires to correct. The expression "fleece cotton goods" should have been "loosely-knit cotton goods."

2. The purpose of clothing, aside from the requirements of modesty, is to aid in the maintenance of a uniform temperature. The heat of the body is conducted away partly by radiation, partly by convection (warming the surrounding air), and partly by evaporation of moisture, the first two being more effective during cold weather, the last, during hot weather. Clothing retards all these processes. To the extent that clothing limits radiation and convection, especially in winter, it is a success; but in limiting evaporation it is an injury, for the perspiration is nominally thrown out in large quantities just when rapid evaporation is most needed in order to prevent excessive heat, as on a hot day, or during vigorous bodily exercise. If the evaporation is retarded, the effort of nature to adjust the body to the new order of things is nullified, and the result is great discomfort from the heat.

One who suffers intensely from the heat on a hot day can go into his room, disrobe completely, and have the luxury of enjoying a hot day. The rapid evaporation of the perspiration will work a marvelous change.

Sweltering nights will be made endurable by lying on top of the bed, without a stitch on. (This will be very little help to the very obese, whose layer of one or two inches of fat is a heavy winter suit which they can not get rid of.)

Another disadvantage in retarding the evaporation of perspiration is the moist heat at the surface of the body, acting as a continual moist compress, and lessening the resistance of the skin to temperature changes. Fomentations or compresses are always followed by vigorous cold applications in order to restore the resistance of the skin, which has been diminished by the heat. Wearers of furs and scarfs about the neck are especially liable to colds. They are constantly (unconsciously, of course) applying warm moist compresses to the neck, which they fail to follow with a cold rub, and a little draft floors them.

Patagonians live in a very severe climate, similar to Alaska, yet they wear simply a skin over the loins, and live in rude dwellings affording little protection from the weather. They suffer very little from the cold except in the coldest weather. The fact is, many civilized people, by keeping themselves constantly in a *hot blanket pack*, have reduced their resisting powers to almost nothing.

The first cold spell in fall is felt much more keenly than is the cold midwinter weather after the body has become hardened. Some keep up the coddling process all winter by excess of clothing and artificial heat, and are thus always poorly fortified against cold weather.

The ideal clothing is that which is made from the lightest material and yet holds in its meshes the greatest amount of air. This will prevent

largely the convection and radiation of heat without hindering the process of evaporation to a marked extent.

The writer has discarded woolen for underwear, summer and winter. In place of heavy flannels he wears the lightest cotton underwear.

3. Undergarments should not be so tight as to interfere with the free use of all the organs. During cold weather, if the clothing be tight enough at the neck, wrists, and ankles to prevent "drafts," a certain amount of air under the garments will act as a non-conductor and thus help to conserve the body heat. During warm weather the clothing should be sufficiently loose at these places to permit free ventilation next the skin. The suits worn by Chinese laundrymen are excellent for this purpose.

4. For this climate, at least, where there is great daily variation in temperature and comparatively small variation with the seasons, adjustment for cold is best made by means of additional outer garments.

5. The ordinary clothing, in doubling over the lower abdomen and hips, is faulty, and must favor, to some extent, the determination of blood to the center, with coldness of the extremities. H.

At an international Vegetarian Congress which was held in London, England, the latter part of June, reports were given which show that a vegetarian diet is growing in favor in many parts of the world. One statement made was that a non-flesh diet, tried in a home for women inebriates at Torquay, proved it to be "an absolute destroyer of the liquor habit," by forty inmates of the asylum having remained total abstainers after their discharge.

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VOL XVI.

SAN FRANCISCO, CAL., NOVEMBER, 1901.

NO. 11.

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A SANITARIUM food store has been opened up in Sydney, Australia, and is doing a good business.

DR. W. HARRIMAN JONES, of the St. Helena Sanitarium, has gone to New York City for the purpose of taking a post-graduate course.

A RECENT visitor to the Portland Sanitarium, Portland, Or., reports that institution very much cramped for room and their facilities taxed to the utmost.

DR. R. A. BUCHANAN, of San Francisco, has taken the place made vacant in the San Francisco Branch of the St. Helena Sanitarium, by Dr. Thos. Coolidge going to St. Helena.

DR. THOS. COOLIDGE, who has for more than two years had charge of the San Francisco Branch of the St. Helena Sanitarium, has been called to connect with the main institution at St. Helena.

A NEW food store has just been opened up at No. 63 East First South Street, Salt Lake City, Utah, by the St. Helena Sanitarium Food Co., for the purpose of selling at retail and keeping a stock to reship to points in Utah. The store is in charge of W. J. Felt.

THE new sanitarium at Summerhill, Sydney, N. S. W., Australia, is nearing completion. The building when finished will have cost \$50,000, and will be thoroughly modern in every respect. Reports from there regarding the Sanitarium Food Company are to the effect that it is overrun with business, being compelled to run nights in order to fill all orders.

THE new building of the Mount View Sanitarium, Spokane, Wash., is nearing completion. This building provides for offices, treatment-rooms, apartments for patients, and class-rooms, and will give substantial addition to the main building and cottages already occupied by the sanitarium. They have been extremely busy both at the sanitarium and the down-town offices. This sanitarium is located in a very promising field.



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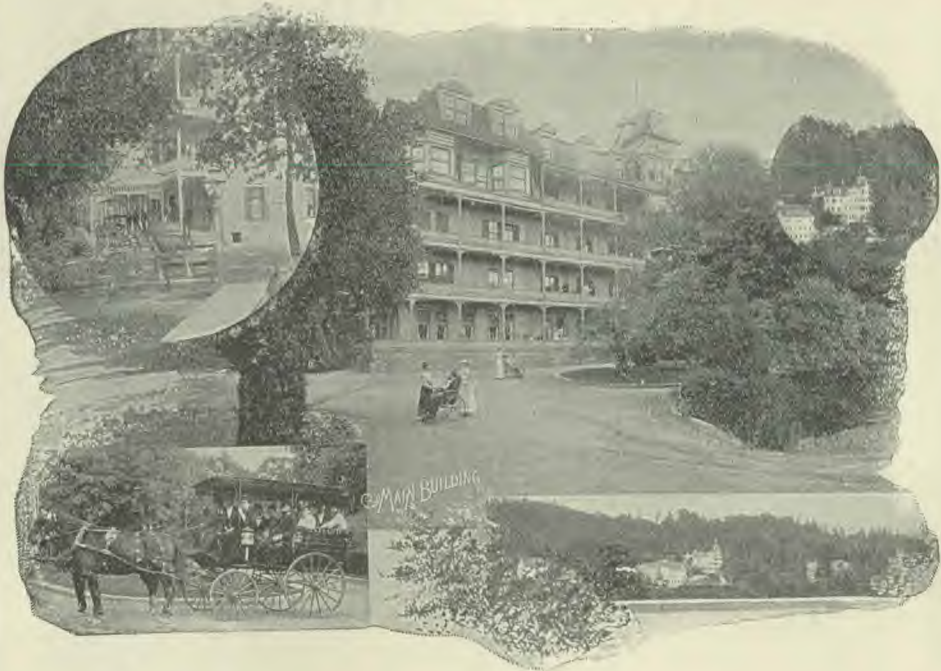
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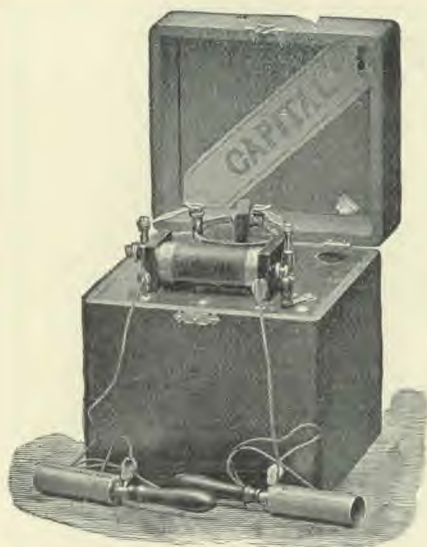
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