



## DECEMBER, 1901

### LA GRIPPE OR INFLUENZA

BY J. A. LOCKWOOD, M. D.

Showing the Importance of, and Instruction for, Treatment in the Early Stages of the Disease

### RATIONAL TREATMENT OF DISEASE

BY J. R. LEADSWORTH, M. D.

Some Uses of Hydrotherapy in Fevers

## THE WARFARE AGAINST TUBERCULOSIS

NO. 2 BY THE EDITOR

Infection through the Mouth—The Room of the Consumptive

## THE POWER OF A CHRISTIAN HOME

BY W. S. SADLER

Strong Appeal for More Attractive Home Life for Our Boys and Girls

## WORKING AS CHRIST WORKED

BY MRS. E. G. WHITE

His Power in Behalf of the Sick and Afflicted

Morning, Noon, and Night



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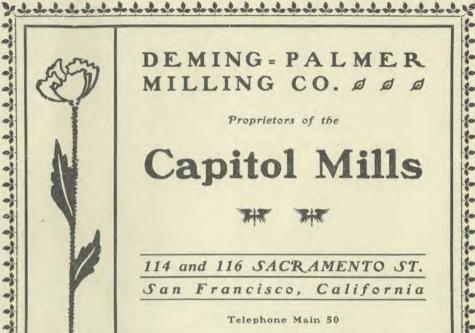


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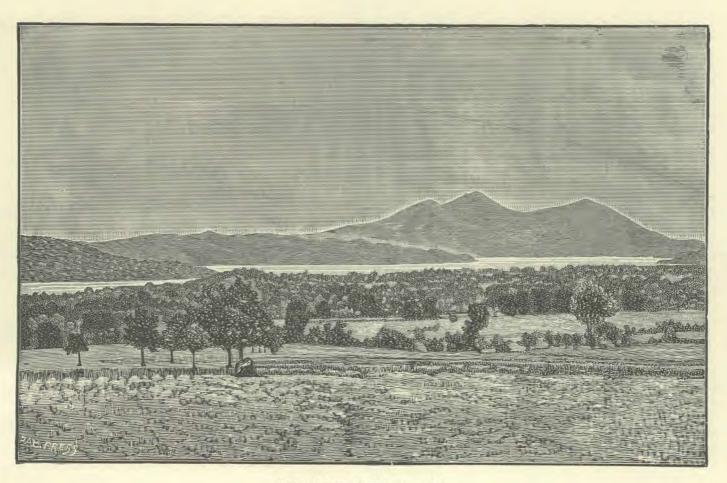
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## PACIFIC HEALTH JOURNAL

A SOUND MIND IN A SOUND BODY

VOL. XVI.

SAN FRANCISCO, CAL., DECEMBER, 1901.

No. 12.

## The Warfare against Tuberculosis. No. 2

By G. H. Heald, M. D.

CARE OF THE SPUTUM.

THE first point in the prevention of the reckless scattering of sputum is to convince consumptives that they are wronging themselves and others by their method of disposing of the sputum. It should be made plain to them that the sputum is a source of danger to themselves as well as to others, for the bacilli-laden air may enter new areas of the lungs and cause disease to spread more rapidly. The rule should be established never to expectorate except in vessels prepared for the purpose. The use of the handkerchief for this purpose is exceedingly dangerous, for the sputum rapidly dries and is blown around every time the handkerchief is used. Besides, it infects the patient's pockets and his hands, and makes him a menace to all who come near him.

All places frequented by consumptives should be provided with cuspidors, which should be carefully kept. Dr. Knopf, the noted lung specialist, has devised a spittoon, which he describes in the following language: "In the walls of parlors, halls, galleries, etc., at appropriate distances are constructed small niches or cupboards three or three and one-half feet from the floor. They are large

enough to hold a spittoon eight inches high and about the same diameter. Not to expose the persons intrusted to cleaning these vessels to the possible danger of inoculation by breakage of porcelain, I prefer metal spittoons. Blue enameled iron seems to be the most practical of all. The dark blue color makes the contents less visible. The cuspidor is supported by a metal ring attached to the door of the cupboard. The patient desiring to expectorate opens the little door, thus bringing the spittoon within his reach, and closes it again when he gets through. An automatically closing extra cover makes it impossible for flies or other insects to sojourn in the interior." This plan offers a number of advantages over the ordinary uncovered spittoon. Flies can not reach and transmit the infectious material. Cats and dogs can not get at it. This is quite an important item, as it has been conclusively demonstrated that flies can transmit living bacilli.

Cuspidors arranged as described above are practicable in institutions for the care of tubercular cases, but in the home something simpler is needed. The Seabury and Johnson spitting-cup consists of a light metal frame having a handle and cover and made to hold a box made of water-proof pasteboard. The cover closes with a spring and shields the contents from the sight and from flies. When the cup is filled, the pasteboard box is taken out and burned. The objection to these is that they publish one's disease constantly, and many patients are quite sensitive on this point. Moreover, it is inconvenient to be constantly carrying such an object; but they are an excellent form of cup for the bedside or the wheel chair.

These difficulties are obviated in the pocket spitting-cup, which if conscientiously used should do excellent service in preventing the spread of tuber-These should be provided culosis. with a tight-fitting lid, should be of such a size as to be readily carried in the pocket, and so made that they can be easily cleaned and boiled. Knopf has devised an excellent aluminum spitting-cup, cylindrical in shape, four inches long by one and threefourths inches in diameter, weighing only two ounces. It can be readily hid in the folds of a handkerchief, and thus escape observation. Those who refuse to use a spitting-cup may use small pieces of cloth, old handkerchiefs, or Japanese napkins, burning them at short intervals; but they should be cautioned that this method increases the danger of infecting their hands and clothing.

The patient should, while coughing, hold before his mouth a handkerchief, preferably moistened with three per cent carbolic acid. This handkerchief may be used for wiping the mouth but not for blowing or wiping the nose, and should be kept in a pocket in which nothing else is kept. TUBERCULAR INFECTION THROUGH
THE MOUTH.

As the saliva of tubercular patients often swarms with tubercle bacilli, it is important to avoid transmission by this means. Patients should never under any circumstances swallow their own sputum; and the mouth should be carefully rinsed and disinfected before partaking of food or drink, in order to avoid the danger of intestinal infection.

Tubercular patients should never kiss any one on the mouth. In fact, the habit of promiscuous kissing is to be condemned on account of the danger of transmitting infectious dis-The dishes of consumptives should not be put with others until they have been scalded. Understanding the means of transmission, one ought not to need to be cautioned regarding every detail, as did the woman who refrained from kissing her child, but used the child's spoon for tasting the food she was preparing for the child. Infection may come from employees handling foods, as milkmen, bakers, and grocers. In fact, any food eaten in a raw state may have passed through the infected hands of some careless consumptive.

Perhaps some day our laws will restrict consumptives to occupations which do not involve the danger of contaminating the foods. The buyer always has one resource. He can use no food that he has not thoroughly cooked, but then some would almost rather run the risk of consumption. The communion cup is a prolific source of infection. The microscope has revealed in the bottom of communion cups all kinds of filth, such as hairs and epithelial cells, pus cells, and disease germs. People are awakening

to the danger from this source, and many churches have individual communion cups, a practise which should be universal. Coins are carriers of filth and infection, and children should be warned never to put money in their mouths. Though the communicability of cattle tuberculosis to man has recently been called in question by high authority, it is still an open question, and one can not feel safe in using uncooked meat and milk. If one must use these articles, they should at least be thoroughly cooked.

#### THE ROOM OF THE CONSUMPTIVE.

For sleeping-rooms for tubercular patients, choice should be made of large, sunny, airy apartments, which should be furnished as simply as possible. There should be no curtains, carpets, or upholstered furniture to afford shelter to germs. The bedspread should be covered with a sheet, which should be changed at frequent The floor and all woodintervals. work should be wiped at intervals of a few days with a cloth wrung out of I to 1,000 bichloride solution (one dram of bichloride of mercury to each gallon of water), especial attention being paid to ledges, where dust has a tendency to gather. The room should never be dusted. If carpet or matting is used, it should be sponged with the same All clothing should be solution. placed in water as soon as it is removed from the bed or the patient, and should be boiled before it is sent to the laundry, or it may be placed immediately in a tub containing three or four gallons of 1 to 1,000 bichloride solution, and kept there until time to go to the laundry.

The consumptive should invariably sleep alone, even in cases which require the frequent attention of a nurse, the nurse being allowed to sleep in an adjoining apartment. These rules are not arbitrary but necessary, being made imperative by the fact that with every effort at coughing the patient dislodges from the mouth bacilli, which float in the little bubbles of saliva and sputum for a while, and then settle down in some part of the room, to dry and be a menace to the patient or his attendants. Fresh air and frequent bichloride sponging of all accessible parts are necessary precautions.

Care should be taken that sputum never have time to dry in the cuspidors. They should be emptied at least once a day, should be disinfected and partly filled with a disinfecting solution, such as five per cent carbolic acid. When thus prepared, they may be emptied into the water-Where it can be done, the safest method of disposing of the sputum is by means of fire, the cuspidor being emptied into several thicknesses of newspaper and the whole thrown into the fire. This is more practicable with pocket spittoons than with larger ones.

Where a room is vacated by a consumptive, by death or otherwise, it should be most carefully disinfected. All woodwork and accessible parts should be wiped with a cloth moistened with bichloride solution. All cracks, in floor or ceiling, windows or doors, should be covered or sealed up by pasting over strips of cloth. The bedding and clothing should be hung on a line in the room to give free access of air to every part. Books should be suspended by their covers so their pages will be freely exposed. (As few books as possible should be in the room, and these preferably should be such as can be burned.) If the room has not been moistened with bichloride solution, it should be freely sprayed with water, so all surfaces will be damp; but no vessels or pools of water should be left standing in the room. If there are masses of dried sputum, they should be soaked and loosened.

Five ounces of the 40 per cent formalin (formaldehyde), as obtained in the drug stores, should be used for each 1,000 cubic feet of space. This may be rapidly spread on hanging sheets and the room quickly closed. The attendant must work quickly, and not breathe while doing this, as formalin gas is far more irritative to the lungs than ammonia. The keyhole and the door cracks should now be

pasted up. The room should remain closed for ten or twelve hours. In case of considerable leakage of gas into adjoining rooms, the process should be repeated.

When formalin is not obtainable, the room may be fumigated by means of sulphur fumes, using three or four pounds of sulphur to 1,000 feet of space. A tub containing a few inches of water should be placed in the center of the room, and in this one or two bricks. On a brick set the pan containing the sulphur. This being set fire to, the room should be sealed as soon as possible and kept closed for twenty-four hours.

The next article of this series will be on the prevention of tuberculosis by personal hygiene.

## Working as Christ Worked

By Mrs. E. G. White

For three years the disciples had before them the wonderful example of Christ. Day by day they walked and talked with Him, hearing His words of cheer to the weary and heavy-laden, and seeing the manifestations of His power in behalf of the sick and afflicted. When the time came for Him to leave them. He gave them power and grace to work as He had worked, saying, "Freely ye have received, freely give." They were to go forth into the world to shed abroad the light of His gospel of love and The work He had done healing. they were to do.

And this is the work we also are to do in the world. In sympathy and compassion we are to minister to those in need, seeking with unselfish earnestness to lighten the woes of suffering humanity.

In the path which the poor and the neglected, the suffering and the sorrowing must tread, the Saviour walked while on this earth. We shall find His footsteps by the sickbed, by the side of the suffering, in the hovels of the poverty-stricken and distressed. We may walk in these footsteps, comforting the sorrowful and speaking words of hope and courage to the despondent.

As we engage in this work, we are to remember that man has a body as well as a soul to save. Both are to be restored to health by God's simple but efficacious methods. In this, as in all else, Christ is our example. When people applied to Him for help, He

relieved the suffering body before He attempted to minister to the darkened mind. The physical sickness of the suppliant removed, his mind could better be directed into the channel of truth.

Our Lord devoted more time and labor to healing the sick than to preaching. When He sent forth the seventy, He commanded them to heal the sick, and then to preach that the kingdom of God had come nigh unto them. The physical health was first to be cared for, that the way might be prepared for the reception of the truth which the apostles were to proclaim.

In giving His last commission to the disciples, Christ said: "Go ye into all the world, and preach the gospel to every creature. These signs shall follow them that believe: In My name shall they cast out devils; they shall speak with new tongues; they shall take up serpents; and if they drink any deadly thing, it shall not hurt them; they shall lay hands on the sick, and they shall recover." When the Saviour comes again, He will commend those who have visited the afflicted and relieved their necessities. He will say: "Come, ye blessed of My Father, inherit the kingdom prepared for you from the foundation of the world; for I was an hungered, and ye gave Me meat: I was thirsty, and ye gave Me drink; I was a stranger, and ye took Me in; naked, and ye clothed Me; I was sick, and ye visited Me; I was in prison, and ye came unto Me. . . . Inasmuch as ye have done it unto one of the least of these My brethren, ye have done it unto Me."

The relations between God and each soul are as distinct and full as though

there were not another one for whom He gave His beloved Son. The Lord is very pitiful and of tender mercy. His heart of love is touched by our sorrows, and even by our utterance of them. Nothing that in any way concerns our peace is too small for Him to notice. There is no chapter in our experience too dark for Him to read, no perplexity too difficult for Him to unravel. No calamity can befall the least of His children, no anxiety harass the soul, no joy cheer, no sincere prayer escape the lips, of which our heavenly Father is unobservant, or in which He does not take an immediate interest.

The greatest of all gifts, all talents, is true, Christlike love. It is not position or profession that makes a man of value in God's sight. It is being good and doing good. Paul declares: "If I have the gift of prophecy, and know all mysteries and all knowledge, . . . but have not love, I am nothing." "If I speak with the tongues of men and of angels, and have not love, I am become sounding brass, or a clanging cymbal." "Now abideth faith, hope, love, these three; and the greatest of these is love."

The doing of true Christian-help work brings rich blessings. It is a practical carrying out of the Saviour's commission, and it demonstrates the power of the gospel. It calls for laborious effort, but it pays; for by it souls are brought to the cross of Christ.

Our happiness will be proportionate to our unselfish works, prompted by divine love; for in the plan of salvation God has appointed the law of action and reaction, making the work of beneficence twice blessed.

## Some Uses of Hydrotherapy in Fevers

By J. R. Leadsworth, B. S., M. D.

[Supt. Mount View Sanitarium.]

FEVER is a condition in which there is a phenomena of rise of temperature, quickened circulation, marked tissue change, and disordered secretion. Other symptoms frequently found in fevers are thirst, coated tongue, headache, loss of appetite, nausea, etc. Most of these symptoms are simply an effort of nature to overcome the poisons with which the system is charged. For instance, nature makes the patient thirsty so that he will drink more water and thus enable the kidneys to carry off more poisons. Experiments have proven that the excretion from the kidneys is much more poisonous from a fever patient than from a person in health. Nature takes away the patient's appetite, for while the system is not taxed by handling the water, it does require an effort to receive and care for food: in fever the secretions are all materially lessened, and could we look into the stomach of a fever patient, we should find it as dry as his mouth.

Taking typhoid as a type of fevers, Dr. Osler, one of the leading authors and teachers in the United States, says, "The profession was long in learning that typhoid fever is not a disease to be treated by medicines." Concerning the drugs usually given in such cases, the same author says: "Personally, I abandoned their employment some years ago. For the fever and its concomitants there is no treatment so efficacious as that by cold water." The advantages enumerated by him as derived from the bath are:

(1) The reduction of the fever; (2) the intellect becomes clearer, the stupor lessens, and the muscular twitchings disappear; (3) a general tonic action, particularly in the heart; (4) insomnia is lessened, the patient usually falling asleep for two or three hours after each bath; and (5), most important of all, the mortality is, under this plan of treatment, reduced to a minimum.

The temperature of the bath as usually employed in hospital practise is seventy degrees Fahrenheit, the patient being placed therein whenever the temperature goes above 102. bath is usually continued for fifteen or twenty minutes. But experience has taught that the same benefits may be derived from the use of water in less heroic measures. The lukewarm bath, gradually cooled, is much more satisfactory. To begin with a temperature from ninety to eighty degrees and cool down ten or twelve degrees by pouring cold water on the patient, will be found highly efficacious. The body may be sponged repeatedly, using the hand dipped in water at a temperature of sixty to seventy degrees.

The evaporating sheet is a simple procedure, and one which is quite effectual in reducing the temperature. It consists in wrapping the patient in a sheet wrung out of either cold or hot water. Wring moderately dry and apply next to the skin.

The cold enema, employing water at a temperature of say seventy degrees, is one of the best means of reducing abnormal temperature. Better results may be had by using a largesized catheter instead of the common enema tube, introducing it up into the bowel several inches. After allowing as much water to pass up in the bowel as can be taken without causing great discomfort, it should be retained ten or fifteen minutes before allowing it to pass. Then, by disconnecting the catheter from the syringe tube, the water can be allowed to flow into a vessel, and the procedure repeated. Thus the cold water is brought into immediate contact with the internal congested membrane, and a large amount of heat is abstracted. By this means alone the temperature can often be reduced two or three degrees.

These simple procedures are sufficient to control almost any form of fever, and where used with ordinary skill and intelligence, have reduced the mortality of typhoid fever alone from twenty to twenty-five per cent to two or three per cent.

Spokane, Wash.

## Influenza

By S. A. Lockwood, M. D.

INFLUENZA, or *la grippe*, as it is commonly called, is a disease which has prevailed more widely during the last ten years than any other of which we have any knowledge. The great rapidity with which it spreads over whole continents, and the large number of persons attacked simultaneously, easily explain the origin of the term influenza, which is derived from an Italian word meaning a mysterious influence.

Physicians of former times attributed it to sudden and extreme changes in temperature, moisture, and electric conditions of the atmosphere, and it was not demonstrated until recent years that it is a germ disease, which is largely spread by means of the air currents. Four times during the nineteenth century there have been marked outbreaks of this disease, which have extended to nearly all parts of the earth. The last of these began in the fall of '89, in some of the remote provinces of Russia, spread rapidly through Europe, and by the

end of December was distributed throughout America. In this country it has prevailed with greater or less severity during the winter months of each year since that time.

Fortunately, when it exists alone, the death rate is not high, but when we consider the large numbers of diseases which may complicate an attack, when we note the lowered vital resistance and the great mental depression which persist in many cases for months or years afterwards, we see the importance of recognizing it early and rendering nature prompt assistance in the struggle against it.

The first symptoms are sensations of coldness, sometimes a chill, headache, severe pains in the back and limbs, and great weakness and mental depression. Later the temperature rises, the face becomes flushed, the pains increase in severity, the lining membranes of the nostrils and air passages are congested, and the prostration is more pronounced.

The most common form of the disease is the one just mentioned, that in which there is marked congestion of the lining membranes of the air passages. Next to this form in frequency is the intestinal type, which occurs more often during the summer and fall months. The symptoms are very much like those of the first form, except that the acute catarrhal condition is present in the stomach and intestines instead of in the throat and lungs.

In the nervous type, the fever, severe pains, weakness, and depression are the chief symptoms, there being no congestion of any of the organs. Treatment should be directed toward relieving pain and soreness of the muscles, and encouraging more active eliminations from the skin, kidneys, and intestines. For the accomplishment of these ends, nothing lends itself more readily to our use than hydrotherapy.

The patient should be encouraged

to drink freely of hot water or hot lemonade, and very little food should be taken during the first twenty-four hours. After this, fruits and liquid foods may be allowed. To induce perspiration, the vapor bath, blanket pack, hot foot and leg bath, or hot full bath, are all excellent measures. Following any of these treatments, the patient should be placed in a warm bed, and should remain there until the fever has completely subsided. If the temperature remains high, tepid sponging should be employed. Delirium is best controlled by applying cold compresses or the ice cap to the head.

By employing these measures early in the course of the disease, the patient may be saved a great deal of pain, the duration will be much shorter, convalescence more rapid, and the liability to pneumonia, bronchitis, and other diseases will be greatly lessened.

Sanitarium, Portland, Oregon.

## Notes on Current Topics

By B. B. Bolton, M. D.

[Director Los Angeles Sanitarium Laboratory.]

It is said that the addition of a small quantity of air-slacked lime to stagnant water will kill the larvæ of mosquitoes.

J.

It has been discovered by P. Volhard that gastric juice contains a substance capable of digesting fat. Its action upon the yolk of egg or milk globules is quite rapid, while artificial emulsions or non-emulsified fats or oils are but slightly affected by the digestive ferment.

THE new water system which will supply the city of Philadelphia with filtered water is nearing completion. The system consists of filter-beds having a floor covered with layers of sand and gravel, through which the water passes for the removal of such substances as may be held in suspension.



THE city of Moscow has recently installed a plant for the sterilization of the water supply by means of ozone. The water is sterilized by the action of

ozonized air, which is said to so rapidly and powerfully oxidize all organic matter that even live bacteria are at once destroyed. The cost of this process is estimated at \$6.25 per million gallons.

I'r has long been known that diet has a remarkable influence upon the appetite for alcoholic drinks; and condiments and stimulants of various kinds are known to create a demand for stronger stimulation. Recently it has been observed that efforts made to discontinue the use of liquor are more successful when a liberal quantity of fruits and, more especially, fruit juices is substituted for the injurious stimulants. Unfermented grape juice is one of the most wholesome and useful fruit juices for this purpose.

Our of nine samples of prepared flours examined lately by the Maine Experiment Station, four contained alum. These flours bore upon the packages the following statements:—

"This reliable flour is made from the choicest selected wheat. An absolutely pure cream of tartar preparation. Made of health products only. Guaranteed a purely grain product. Absolutely free from adulterations of any kind."

The station report says: "Alum is harmful and should not be used in flour or baking powders. Good bread flour, with sufficient cream of tartar and soda as leavening material, costs about three cents a pound. Ready prepared flours here reported upon were sold at the rate of 5.3 cents to 16.1 cents per pound. Because of the high cost, the poor keeping quality,

and the temptation to adulterate, from the standpoint of economy and health, the general use of prepared self-raising flours is unwise."

IT seems that care is necessary in selecting the brand of health coffee to be used as a coffee substitute. cording to the Sanitarian, there is a factory in Brooklyn that makes coffee out of sweepings and grain screenings, which, as a matter of course, contains weevils, manure, weed seeds, etc., and sells the roasted product to the dealers for three cents per pound. "Another concern makes coffee out of a mixture of peas, beans, clay, blood, and the dregs from coffee made in hotels and restaurants. It announces it as a 'substitute' coffee, entirely harmless, and having somewhat of the taste of the Java berry."

317 W. Third St., Los Angeles, Cal.

If you want good health you must work for it. It seldom comes from toxic drugs, prayers, baths, drink, or diet; but nature has it ready for you if you will only earn it. Ask your doctor what you should do, not what you should take.

A SICK man had been under his physician's care for some time. One day a friend of the patient met the patient's brother, and inquired after the sufferer's health.

"Oh," replied the brother, "he won't be alive at this time to-morrow!"

"What makes you talk like that?" asked the inquirer.

"Well," was the answer, "the doctor says he can't live more than twenty-four hours, and surely he knows what he gave him."

## The Preservation of Ripe Olives

By Mrs. S. H. Colvin

THE olive is an important article of diet, especially to those who, using a vegetarian diet, may not obtain from the cereals, fruits, and vegetables a sufficient quantity of nutriment. The olive-oil is itself a valuable adjunct in the preparation of many dishes, but it is of the olive itself as a food that we wish to speak in this article.

When pickled green, the olive is little better than pickled cucumbers. When properly prepared, it is valuable not only as a delicacy, but also on account of its high food value. The olive crop is usually gathered in December, and this is the proper time to put up a year's supply. In the neighborhood of Healdsburg olives are now very cheap, being obtainable as low as one cent per pound.

Any one who is willing to take a little time for the purpose may put up his olives with very little expense to himself. There are two methods we would recommend, either of which will give good results. In the first method lye is used. For fifteen gallons of olives take ten gallons of water, and in this dissolve one and one-half

tins of lye (the Red Seal brand is preferable), and in this solution soak the olives for about twenty-four hours, stirring occasionally. From time to time pinch open an olive, and when the pit will come out easily, the olives have been soaked long enough. Next allow the olives to stand in fresh water, changing the water twice a day for ten days, and then once a day for twenty days, then put into a thick brine of salt for twenty-four hours, and from this into another brine, in which they are to remain until they are to be prepared for the table.

Second method: When the olives are received, cover them with fresh water, which is to be changed every day for sixty days, then place in a strong brine for twenty-four hours, and then in another strong brine, in which they are to remain.

These methods have proved successful, and will give, at a small expense, olives which, bought in the usual way, would cost all the way from fifty cents to a dollar per gallon.

Sanitarium, Cal.

## A Shorter Process for Curing Ripe Olives

By Mrs. G. H. Heald

By this method, which requires less care than the longer methods, the olives are ready for the table in fifteen days; but they do not keep so well in warm weather. If kept in a cool, dark place, they keep quite well.

For six gallons of olives prepare a brine consisting of six gallons water, one pound salt, one pound concentrated lye. Soak the olives in this for two days, then make a new brine of same proportions, and soak in that for two days. Next soak the olives in clear water for six days (or until taste of lye is gone), changing water daily. Then place for two days in a brine having three pounds salt to six gallons water. Finally leave in a brine consisting of three pounds salt to four and

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one-half gallons water until used. They are ready for the table in three days. The longer they stay in this brine, the more salt they absorb. When desired for the table, freshen to suit taste by soaking in clear water.

### Pineapples and Digestion

Among the most wonderful discoveries of recent times is the effect of various vegetable products possessing digestive properties of an active character. The digestive property of the papaw has long been known and utilized. More recently it has been ascertained that the juice of the pineapple contains a very important digestive property, which is capable of digesting albumen and allied substances, not only in acid, but in nutritive alkaline media, which gives to it the combined properties of the gastric juice and the pancreatic juice. This excellent fruit may be found a valuable aid to digestion. The coarse pulp is wholly indigestible, and only the juice should be swallowed. should be taken only at meal time.-Ex.

## Orange Juice for Influenza

DR. EVANS, late surgeon, Gold Coast of Africa, writes: "From what I have witnessed on the continent and in London, the epidemic which was causing so much consternation, did not appear to be true influenza. Some of the worst cases remind me of a disease I have seen some years ago amongst the natives of the swamps of the Niger, which in them often develops into fatal inflammation of the lungs. Irrespective of disinfectants and inhalations, there is a simple, ef-

fective, and real remedy, namely, the juice of oranges in large quantities, not of two or three, but of dozens. The first unpleasant symptoms quickly disappear, and the acid citrate of potash of the juice decreases the amount of fibrin in the blood to an extent which prevents the development of pneumonia.

"The conditions most favorable to outbreaks of this nature are an excess of moisture accompanied by a diminution of atmospheric electricity. At a not far distant date, when electricity will be used largely for lighting, motor, and other purposes, scientists will require a new nomenclature and treatment for new diseases now in process of evolution."

## The First Twenty Years

LIVE as long as you may, the first twenty years form the larger part of your life. They appear so when they are passing; they seem so when we look back on them; and they take up more room in our memory than all the years that come after them.

Take good care of the first twenty years of your life. On the use which you make of them your happiness and usefulness in after years will very largely depend. See that they are spent in learning right habits and cultivating good tastes.—Sabbath Recorder.

## WOMAN'S REALM

Conducted by Mrs. M. C. Wilcox

### The Mother's Mistake

By Minnie Embree

THERE is a class of homeless men
By whom the housewife is annoyed,
They come and come and come again—
The army of the unemployed.

Oh, sad it is they fare so ill,

That life to them has lost its joys,
Yet there is something sadder still—
The unemployed of girls and boys!

The little children in the home
Who haven't anything to do,
To mama every day they come,
Yes, many times, the long day through.

"Please let me help you, mama dear, For I am tired of playing now." "Oh, no, you'd spoil the work, I fear, Because, you see, you don't know how!"

"Oh, let me help you, mama, please,
I'll be real careful while I try!"

"Oh, you are such a little tease!
"Now run away, and do not cry."

She runs away—away from home.

She finds employment in the street,
And sometime, in the years to come,
Mother will seek those wandering feet.

Oh, why not keep the girl or boy
And give them something they can do?
Yes, fill their helpful hearts with joy,
And make them happy, good, and true.

## Does the Story of Santa Claus Encourage Truthfulness in Children

By Mrs. M. C. Wilcox

THE month which is so enshrined in the hearts of children as the brightest of all the year, and to which they have been taught to look forward to for weeks, with fond anticipation, is at hand.

It is the month which contains the joyful Christmas day. The whispering of secrets to one another, the bright twinkle in the eyes as they look at certain ones in anticipation of the happy surprises so soon to come, the sparkle and glitter of tinsel, the spangled ornaments, the holly-berries and evergreen in shop windows, the merry bells and tooting of horns, all tend to arouse and stir to the utmost the tender emotions and vivid imaginations of children.

For centuries past it has been the accustomed practise of many fathers and mothers to take the little ones upon their knees and tell them in all seriousness the mysterious story of the wonderful, unique, and benevolent Santa Claus, and how he visits all good children on Christmas eve to make them presents. He is supposed to come at dead of night, clamber down the chimney, and fill all the empty stockings that he finds hanging near.

This story often plays so upon the imagination of the child that he finds it difficult to sleep. He often purposes to stay awake and catch a glimpse of the midnight visitor, but usually falls into a restless, watchful slumber, from

which he early awakens, quite unrefreshed.

The story to the child is fascinating in the extreme, because of the tangible evidences he seems to see of its reality.

The idea of the reindeer, the grotesquely attired, hoary-haired Santa Claus, riding through space over the house-tops, emerging from the clouds and disappearing in the same mysterious way, seems utterly absurd and unreal at first, but by the repeated evidences that he sees in the personified Santa at toy stores and Christmas-tree gatherings, he comes to look upon it as real and true.

As the years go by and the child comes to years of better understanding, he learns the falsity of the beautiful delusion. He would be embarrassed and chagrined were it not for the fact that many others are in the same boat with him. Then, too, he remembers that it was from the lips of his father and mother that he first learned the story. Surely it must be all right, and he does his part earnestly to help pass it on to those who come after him.

But what are the impressions that have been made on the child's mind regarding the reliance to be placed on the statements of his parents, when he learns that there is no such being at all? It is simply papa and mama or some friend who makes all the presents. How do you think it will affect his confidence in their statements? Children are close imitators and keen observers. Will they not be inclined to manufacture similar stories without any foundation to base them upon? Most certainly they will, if they are bright children.

This is an age of untruthfulness. Just go out among the children and mingle with them for a while, if you would know how few there are upon whose word you can depend.

Do you wonder that there are so few who even know how to tell the truth, when you remember that these things are repeated over and over again to them in the days when the mind is so tender and plastic? It is here the mould is given for life, and this is simply one of the many evils arising in early childhood.

From the standpoint of future usefulness, do not tell your children these things, charming and beautiful as they may seem to be. Be truthful with the little ones, exactly so. Do not be carried on the wave of popular opinion or public sentiment regarding this matter. Think independently, and remember that in this warfare we all have to stand or fall for ourselves. These things are not essential to happiness. Christmas can be made just as joyful, bright, and happy without them, and the sense of satisfaction and peace that will come in view of the fact that your children have no cause to distrust or question your word, will bring a peace and joy which can not be bought for money.

How the story of Santa Claus can be associated in any way with the so-called birthday of the Saviour, is a matter yet to understand. The spending of the day in eating and drinking to excess, and making merry with one's friends, is not quite so strange, when we remember its pagan origin, but seems rather unfitting for Christian institutions. Is there not a better, truer way to spend the day? And shall we not, as sisters, as mothers, as women, seek for, and find it? Can

we not lead out in a reform at least among our friends? Where are the true and noble women who are longing to go to those who have aching, bleeding hearts, to offer words of comfort and cheer? There are such on every side, who need our ministering, and there are some precious, loving hearts who are doing this work. The preciousness of the blessing and peace they enjoy might be coveted by the kings and queens of earth. Engage in it, dear sisters, if you would know its sweetness. Train your children so that they may have this pure and holy joy.

### School-Children's Lunches

By Mrs. Kate A. Frye

As the rainy season commences and school days come, mothers are, or should be, led to consider the subject of the school-children's lunch.

Where the school is far from the home and the lunch has to be taken every day, it requires some thought to have something suitable and inviting.

It is no wonder children "run down" during the school months. They arise in the morning with little or no appetite, rush off to school, study hard, eat a light lunch at noon, and go to work again. At night they are tired and hungry and usually eat too much, which disturbs their sleep, and causes them to get up in the morning feeling tired and languid.

By a little care and thought the day before, a lunch may be prepared which will be hearty and at the same time dainty and inviting.

The first requisite is a tight basket to keep things fresh and in good shape. The popular "Brownie lunch box" is the best thing I have ever seen. Next have a tumbler with a tight cover for sauce, salad, or pudding. Then strictly-clean and fresh napkins, one to spread over the inside of the box and

the other to lay on top for use. If preferred, paper napkins may be used. They can be bought very cheap and save washing.

There are several kinds of vegetables which may be used, but which are not always thought of. Celery, radishes, sweet potatoes, beets, and potatoes may be fixed in various ways. A way which I have lately learned of fixing beets may be new to some. Cook, peel, chop fine, season while hot with salt, sugar, and lemon juice to suit taste. They are good eaten hot or cold.

Sweet potatoes, if boiled just enough and peeled, are very good cold, but care must be taken not to boil too much. Irish potatoes may be boiled, peeled, chopped with a little parsley, onion, celery, or lettuce, and moistened with mayonnaise dressing. The dressing can be made by using lemon juice in place of vinegar and cream or olive-oil instead of butter.

Nearly all kinds of pudding are good cold. One of our favorites is sago pudding, made as follows: Soak one cup sago two hours in one quart water. Set on back of stove and let simmer until clear. Add sugar to taste and one small can grated pineapple. Eaten hot or cold with or without cream.

Stale cake covered with a cornstarch custard is also nice hot or cold.

Nearly all kinds of vegetable or nut roasts make nice sandwiches combined with good bread.

Any kind of sauce may be carried in the tumbler, but it is best to mention to the child to keep the basket right side up that day.

Fresh fruits and nuts are things of which the children never tire. They come in such great profusion here that one can always have something of that kind ready.

It was not often I took my lunch to school when a child, but I can remember even now what a treat it was. So I always feel interested in the children now and the pleasure it is to them, especially if they only have to take it occasionally on rainy days.

This is one of the things that we can easily do for our children, if we look at it in the right light, that will add much to their pleasure, comfort, and health. It is home missionary work given us by the Lord, and should not be slighted, but done with our might.

## Girls Who Flirt

"'OH, she's a dreadful flirt!' How often we have heard girls characterized thus," remarks a contemporary, "and what an unenviable reputation, surely, to acquire! A girl can not be too careful to avoid gaining the epithet of a 'flirt,'—that is, a girl who plays at love-making.

"Men are very glad to amuse themselves with such, but they don't care to marry them. And what woman is there who does not, in the inmost recesses of her heart, cherish the hope that one day she may have some one to love and guard her, and a dear little home of her very own? But men are selfish in their love. They like to think that the woman they marry has kept her heart for her husband, and not frittered it away a bit here and a bit there, till scarcely any of the original remains.

"A girl once said to another, 'Well, Ethel, I suppose you and Mr. Soand-so will soon be engaged?' 'Oh, dear, no!' replied Ethel, with a laugh.
'I'm only just amusing myself with him to while away the time.' Such are the girls who make men fear to marry them, for no man likes to think that, perhaps even after marriage, his wife will find her pleasure and amusement in other men's company.

"Flirting once indulged in and cultivated becomes a habit, and the practised flirt is like a spider weaving meshes to catch the unwary flies of the opposite sex. No girl has any right to lead a man on and make him believe she cares for him just to amuse herself and gratify her love of admiration and attention.

"Flirting destroys the sacredness of love, and to every true woman love ought to be a sacred treasure.

"Girls, beware of 'trifling with love,' or one day you will find that he has turned the tables, and has flown away, leaving you with a broken heart."

## EDITORIAL

### The Use of Fats in Diet

In the selection of a non-meat diet the mistake is often made of choosing foods containing too small an amount of oil or fats. Sometimes the skin is harsh, inelastic, and scaly, as a result of insufficient fat in the food. This may be partially remedied by oil rubs, but it indicates a lack of oil in the system, and strongly suggests a change in the diet.

Some vegetable foods, as, for instance, cornmeal and oatmeal, contain a noticeable amount of fat, but it is not in a condition to be well utilized by the system, and quite a large percentage of it passes off as waste matter. Probably the most wholesome of the fats are cream, butter (provided the milk is from a healthy cow and uncontaminated), and olive-oil.

The great difficulty is that the dairy products are open to suspicion, and when purchased on the open market, as is usually the case, there is no means of ascertaining anything in regard to their quality.

When taken in small quantities and with other foods, the oils exert comparatively little influence on the stomach. They are not digested until they reach the intestines, but, as a rule, pass out unchanged, to be acted upon by the pancreatic juice. When taken in considerable quantities upon an empty stomach, they are apt to cause congestion and even inflammation of the mucous lining of the stomach, and when taken in considerable quantities with food, their tendency is to lessen

the secretion of the gastric juice, and thus hinder digestion.

This applies more to olive-oil and to butter than to cream, which is not so irritant to the stomach walls and does not tend to delay digestion except in cases of fermentation.

In cases where the cream ferments, the result is the production of a certain amount of lactic acid, which of itself, if in sufficient quantity, causes irritation, and delays digestion.

Aside from its influence on the walls of the stomach, it is a question whether there is so much importance to be attached to the emulsifying of the fat, as was once supposed; for certain investigations indicate that most of the oil is absorbed from the intestines, not in the form of an emulsion, but in the form of a soap; and that with a good pancreatic secretion, this process of saponification, or soapmaking, goes on very rapidly in the intestines.

#### FAT ABSORPTION.

The popular theory regarding the method of fat absorption has been until recently the emulsion theory, briefly stated as follows: A small percentage of the fat is split up in the intestine into fatty acids and glycerine. The fatty acids unite with the alkaline bases of the digestive juices, forming a soap, by which the remainder of the fat is converted into an emulsion, which is absorbed by the epithelial cells of the intestinal wall.

In confirmation of this is the fact that the absorbent vessels around the intestines of animals killed during fat digestion are found to contain an emulsion consisting mainly of fat globules. The inference is that this emulsion was found in the intestine, and, as such, passed through the intestinal wall.

But physiological experimentation failed to demonstrate that oil is taken into the system in any considerable quantity as an emulsion. On the contrary, so far, at least, as man is concerned, it is doubtful if it can be proven that any fat is taken up from the intestine as an emulsion.

Microscopical examination of the epithelial cells lining the intestinal wall of an animal killed during active fat absorption, shows that the epithelium contains fat globules of various sizes; but in the striated border of the cell next the intestine, no fat globules can be demonstrated. So that the fat globules must form in the cells.

A mixture of glycerine and fatty acid, if placed in the presence of the dried intestinal lining membrane, is capable of converting fat into fatty acid and glycerine, which are readily taken up by the epithelial cells; and as the epithelial cells have the power to reconvert the glycerine and fatty acid into free fat, we can readily understand the formation of the fat globules in the epithelial cells, as mentioned above; also the fact that the lacteals contain large quantities of minute fat globules during fat digestion.

So it is now looked upon as "probable that in all animals a great part of the fat is absorbed in the form of soaps." (Schafer.)

This being the case, it is a question whether anything is gained by taking fats in the form of emulsions; whether the fat in nuts is in a more digestible form than in the olive or the cotton seed.

#### CREAM FAT.

The advantages of cream as a food are its ready digestibility and its small percentage of waste, nearly the entire amount of fat being utilized. Cream also may be readily sterilized, prefer ably as soon as milked. It is a trifle more fermentable than butter, and the fact that it contains a certain percentage of casein, renders it somewhat objectionable to those who are unable to use milk. In some cases butter would be acceptable where cream is not. The great disadvantage of butter is, as a rule, it can not be obtained in a sterilized condition; and sterilizing it after it has been churned, changes the butter so that it is not so palatable and not so digestible. The best way to sterilize butter is to sterilize the cream before it is churned.

Olive-oil has the advantage that it is not so apt to be contaminated by infectious germs; on the other hand, it is somewhat more difficult to digest than either cream or butter, and has another disadvantage in that a large percentage of what is called olive-oil, on the market, is adulterated.

Olives, when thoroughly ripe, are an excellent source of oil, but when green they are indigestible and have little food value. Recently the growers in California have been marketing pickled ripe olives. They are first put into an alkaline solution, or are kept in running water for a long period, in order to dissolve out the intense bitter taste. After this, they are put into a brine of salt water in order to preserve them. In this condition they come to the purchaser, and before being eaten they should be washed in fresh water to remove the excess of salt. They form a very palatable and easily-digestible food, rich in fat.

The nuts contain a large quantity of oil which is digestible with considerable difficulty and with a comparatively large proportion of waste. When the nuts are thoroughly ground, as in the preparation of the best grades of nut foods, the oil is more accessible to the digestive juices, and hence more assimilable.

Some people experience difficulty in using nuts or nut foods in any form, being troubled with acne, or pimples, after using them in any but the smallest quantities. Such, of course, should secure their supply of fat from other sources.

## To Avoid or Cure Dyspepsia

THE following brief rules, if intelligently followed, will not only prevent, but will often cure or greatly relieve, dyspepsia. Of course there are many cases which require special attention and a carefully selected diet.

- 1. Avoid making your symptoms a subject for anxious thought. A hopeful, happy mind is an aid to digestion. If not sick, you certainly need not worry. If sick, it will not only do you no good to worry, but will make your recovery more difficult.
- 2. When you have learned how you should eat, follow faithfully what you know to be right, never once yielding to temptation to indulge the appetite. Above all, do not make the mistake so often made of eating something of a questionable nature, and then worrying about it.
- 3. Never bring to the meal hour business cares or family worries. This time should be given entirely to social intercourse. One who has not observed, can not realize to what extent the mind influences digestion. Everything should be provided, in the way of surroundings, companions, etc., which will make the occasion enjoyable.
- 4. Take time to eat. Americans eat too fast, too little attention being given to the enjoyment of the meal hour. Europeans, with their meals of many courses, lasting for several hours, go to the other extreme; and vet it is questionable if, with all the excesses incident to such extended meals, the European does not fare better than the American. The complicated mixtures of indigestible articles are, probably, less harmful to the digestive function than haste and a disturbed condition of the mind. Hasty eating is a habit, firmly fixed by long years of practise, to overcome which requires determined and continued effort.
- 5. Never overeat. More injury is done the stomach by quantity than by quality. A cup of tea or of Java coffee taken at a meal would not be so injurious as a quart of caramel cereal or hot water. A small bit of mince pie would, with most persons, be a less detriment than an overdose of oatmeal mush. Because foods are wholesome it does not follow that they can be taken in unlimited quantities.

Yet many people, who claim to be diet reformers, make the almost fatal mistake of overloading the stomach. Dilated stomach, or myasthemia, a very prevalent condition, which probably lies at the bottom of more cases of digestive disturbance than any other one thing, is due quite largely to overeating. Many people are so accustomed to loading the stomach beyond its normal capacity, that they are never content to leave the table until the stomach is stretched by a large quantity of food and drink. Such people are large eaters, and are troubled during the period of digestion with heaviness at the pit of the stomach, drowsiness, disinclination to make mental or physical effort.

The whole system is, in fact, partly paralyzed for the time being, and this condition grows worse from month to month, as the overloading and weakening of the stomach walls progresses, until the individual is a hopeless invalid.

At first these symptoms are hardly noticeable, but, gradually, though surely, such a course of eating will sooner or later do mischief, until there is finally produced a magnificent specimen of dyspepsia.

- 6. Eat simply. Never eat complicated mixtures or a great variety at one meal. Men who live to a great age are nearly always simple in their habits, and, comparatively, spare eaters. Those who are given to the pleasures of appetite,—who live to eat,—seldom reach an advanced age.
- 7. Do not drink much with meals. Cold liquid chills the stomach and retards digestion. Liquid taken at any temperature, if in considerable quantity, favors hasty eating, with deficient mastication, and, hence, imperfect admixture of saliva. The gastric juice also is diminished in quantity, besides being diluted by the fluid drank, so

that it is far less efficient. Water is the best beverage, and should be taken from one-half to one hour before meals. It is not wise to use much soft, pasty food, for a similar reason. Enough hard food should be eaten to make thorough mastication necessary.

- 8. Be regular with meals. All the functions of life occur in regular cycles, and are never performed well when these cycles are disturbed. For instance, one who goes to sleep at nine one night, at twelve another, and again at two in the morning, will, sooner or later, develop insomnia or sleeplessness as a result of his irregularity. Whatever the interval or number of meals, this regularity should be preserved as far as possible
- 9. Do not eat too often, and never between meals. Two meals a day at an interval of six or seven hours is better for persons with slow digestion than more frequent meals. Food taken before the stomach has had time to empty itself and recuperate robs the organ of needed rest, and is one fruitful cause of weakened digestive power.
- pastries, sweets, and food prepared with especial reference to gratifying the appetite. Such foods almost invariably throw an additional burden on the liver and the eliminative organs. Condiments and spices for a similar reason should be entirely discarded. They are also irritants, and tend to produce catarrh of the stomach. Pickles are indigestible and irritating to the lining of the intestinal canal, having a tendency to produce catarrh of the stomach. Vinegar interferes with starch digestion.
- 11. Man's original diet, as indicated by revelation, and man's most natural diet, as shown by comparative anatomy

and physiology, was fruit and nuts. The use of meats and the excessive use of starchy foods are unwise and contrary to nature. Many who discard a meat diet make the mistake of adopt-

ing a diet consisting largely of starchy foods. Jumping from the frying-pan of headaches, rheumatism, etc., they land in the fire of sour stomach and indigestion.

#### Our National Ailment

THERE is, probably, no physical difficulty so common among Americans as stomach trouble. Hardly a person one meets nowadays but has some form of difficulty with his digestive apparatus. One has acidity of the stomach after eating certain things, and another can not include certain varieties in his diet without severe pain shortly after a meal.

So notorious has this state of things become, especially in America, that the drug market is being flooded with all sorts of nostrums to prevent stomach disturbances. None of these promise to remove the difficulty, but to prevent the inconvenience arising from the difficulty occasioned by bad dietetics.

If one would but stop for a moment to think, he would discard all such pretended remedies, and seek to change the condition which makes it necessary to swallow daily quantities of unknown mixtures, which are likely to put the stomach in worse condition than before.

Because some vile decoction can be taken which will, for the time being, deaden the sensibility of pain, it is no evidence that a cure is being effected.

A stimulant taken into the stomach may give temporary relief, but, as it does not remove the *cause* of the disease, it can not effect a cure, while it may aggravate the trouble by its poisonous properties.

The first thing to be learned in seeking a cure for stomach trouble is the *cause* of that trouble. If that which produced the trouble is not removed, it stands to reason that no matter how frequently one may take a remedy by which simply to deaden the sensibility of pain, the pain producer is still in business, to add to that which it has already produced, and will, in time, surely bring down its victim to a premature grave, unless stopped in its career.

When one learns that a certain material irritates his stomach, he may understand the pain following to be a warning against indulging longer in that particular kind of diet. The cause of the pain was the ingress to the stomach of some substance which that organ could not naturally digest, and so did not recognize as food. The pain was simply a protest by the stomach against sending down such indigestible matter for it to use.

To remove such a cause the sufferer should simply stop putting into the stomach that which it can not care for naturally. Let none be deceived in this matter. If by putting one's hand in the fire he incurs a consequent pain, no applied remedy can remove the

pain as long as the hand is allowed to remain in the flame. So with the stomach trouble. All remedies will fail to work a cure so long as one feeds the cause. Then "cease to do evil, and learn to do well" to the digestive organs, before expecting immunity from dyspepsia.

Drop from the diet all unhealthful things, such as flesh, condiments, pastry, and the like, and eat nature's supply of grains, fruits, and nuts, in proper forms and suitable quantities and at seasonable times, and health and happiness are sure to crown the effort.

C.

## Consumptives and Railroad Travel

Considerable agitation has been noticeable of late over so many consumptives traveling on railroads in search of climatic advantages. Many have desired that the railroads furnish separate coaches, or apartments, for these, in order to prevent dangerous contact with those who are at present exempt from this dreaded disease.

The lines of the Western Passenger Association, after considering the matter, refused to deal with it, but passed it over to the Pullman Company.

The Travelers' Protective Association, however, will not let the matter rest, since it considers that many thousands of its members are daily having to place their health in jeopardy by mingling with consumptives in coaches and sleepers. But just

how such a plan could be followed does not now seem clear, unless each traveler should carry along a doctor's certificate of his physical condition, to be renewed yearly, or oftener, as the case might be.

Another way might be to have a graduate physician accompany each train for the purpose of examining any suspected persons. But, if it be true, as eminent physicians declare, that the only way to communicate this disease is through inhaling germs formed from the sputum, then every one who carelessly spits on the floor of a railway car should be examined as a suspect. Such a rule might have some influence in stopping the filthy habit now indulged in by many who travel.

## The Power of a Christian Home

By W. S. Sadler

THE home is an institution that comes to us direct from the hand of God. The home is endowed with great possibilities for good, and is one of the most efficient agencies to be employed in combating unwholesome influences and evil tendencies. Too frequently the importance of the home is over-

looked by reformers and Christian workers. While earnest efforts are put forth to help the individual, the influence of the home must not be overlooked. It is through the home that the power of Christianity can make itself felt as through no other agency. Let parents recognize that in

the home institution they have one of the most effective means of bringing their children up in the fear of God, and preparing them for lives of usefulness in the world.

In modern times it would seem that the home institution has become the object of Satan's peculiar hatred, and destined to receive his special attacks. It would seem that the pernicious influence of intemperance, vice, and drug habits is especially directed toward and felt by the home. some way or other the home institution is made to feel the dire results of these great curses at every step. the other hand, the home institution, if properly maintained and managed, its atmosphere permeated by the sweet influence of the Spirit of God, is the strongest possible influence with which to combat the evils of intemperance and vice. Many a man has been, to use the common phrase, "driven to drink," by the unpleasant atmosphere of his home life. Many a son, many a daughter, has drifted on to ruin because home offered nothing to attract them to that which was good, and pure, and noble. Palatial saloons. elegant gambling halls, and the gilded haunts of vice, which infest our great cities, and which are nightly thronged by so many youth, serve to indicate the penalty of failing to make home attractive.

There is the spare bedroom, the parlor, the sitting-room, and the dining-room, but often the children are not allowed to play in any of these apartments. The parlor must be kept in neat appearance and orderly arrangement for some possible visitor, and so on through the whole house; but little provision is made for the

happiness and entertainment of the children.

In summer time the children may play "in the yard," that is, if they are so fortunate as to possess such a luxury, but in the crowded city and even in the village, the "yard" may often mean nothing more than the dirty, wicked street, with its various evil associations, and its influences ever tending toward the wrong. Frequently the boy, the young man, and his companions, find it more congenial and enjoyable to play in the barn, the woodshed, or the alley, almost anywhere but at home.

Many a home is not made attractive to the young man, and so the young man is not attracted to the home. Thoughts flit through his young mind of the time when he will be forever free from this home bondage, from the ever-sounding, "Don't do this," and, "Don't do that." Mothers and wives can do more for the cause of temperance, purity, and righteousness, more to save their husbands and sons from the evils of drink and worldliness, by giving their time and attention to the home, so as to make it attractive, than by smashing saloon windows, pouring liquor into the streets, or seeking to exert their influence at the ballot. Why should any spot on earth be more sacred, more appreciated, and more loved, than home? Yet very often to the young almost any place is more acceptable and better appreciated than the sacred hearthstone.

And what does this condition of affairs mean?—It means that the modern home is coming to be a place for visitors, for friends, for society, for banquets and socials, while the children, well, they are but little thought of, little provision is made for binding

them faster to its safeguards, and all the while the rumseller is making the saloon more and more attractive, and by means of music and other allurements is seeking to win the youth whom the home has lost; for, if home fails to make itself inviting to father, son, or daughter, they will most likely go elsewhere, in quest of that which the home institution has failed to provide.

Especially is this question of the saloon versus the home to be taken into consideration in all plans and efforts looking toward the saving of the great army of young men which is annually falling into the clutches of vice and intemperance.

In the modern home seek out the average boy's room, and, for yourself, see where he lives. Then you will not wonder why he goes out of an evening to enjoy himself; you will not be surprised that he steps beyond the home influence in search of pleasure and amusement. The mother is visiting with the neighbors, busy with this or that: the father, well, he has his business to attend to; and the boy or girl, never mind them, they will take care of themselves. Yes, and the devil will help in taking care of them too. He is interested in the young man and the young woman, for if he can secure them while young, he counts that he will probably be able to make them his emissaries for life.

Now go from this room, with its broken lamp chimney, dingy walls, ragged carpets, and ofttimes broken furniture, to yonder palace saloon, to the mirrored haunt of sin and iniquity, decorated with its tapestries and paintings, and all that is calculated to win the admiration and charm the youthful eye, with notes of music ever sounding forth, and here you will find many of the youth who are, as it were, driven from home, because there they found nothing to attract or charm them.

Thus we see how even parental love and professed religion have sometimes lost their hold upon a human soul because they failed to make home brighter and more attractive to the youth than the institutions of worldliness and sin are made to appear.

The penalty of failing to make home attractive is the penalty of failing to save the youth. Let every mother, and every father, and every elder child, seek to make home the brightest and the best spot on earth, that none of the rising generation may be allured from its sacred influences by the temptations of sin and the sophistries of Satan.

1219 Buchanan St., San Francisco.

We believe that much of the benefit that comes from visiting the most noted watering-places is not so much because of any special medicinal property, as because of the free use of the water itself, independent of any real or alleged mineral properties, combined with the rest. People go to drink the water and to bathe in it,

and they drink it morning, noon, and night, and between times, and during the nights. As a result, the stomach, bowels, kidneys, liver, pores, and even the blood-vessels themselves, get a much-needed flushing, and the over-clogged machinery of life gets a fresh start, and the supposed mineral in the water gets the praise.

## HEALTHFUL DISHES

#### Desserts

By Mrs. S. H. Colvin

WHILE desserts are not, as a rule, to be recommended, the following are comparatively simple and inexpensive, involving little time in their preparation, and can be eaten without disturbance by those having ordinary digestive powers.

Apple Dumpling .- Pare, core, and cut into halves tart apples. Have ready some light-bread dough, that is, light enough to mould, and roll this out until about one-half inch thick, and cut into strips three by six inches. Place a sliced apple in the strip of dough, and fold over the apple, pinching the edges together. Place these one inch apart in a deep pudding-dish, and allow to rise. When light, dredge the top with one tablespoonful of flour and one-half cup of sugar; pour a cup and a half of warm water over it, and bake until done. Serve hot. Other fruit may be used instead of apples.

Apple Nut Pudding.—Peel and grate five large apples on two-thirds cup of granola, previously soaked in two cups water or milk. Mix with one-half pound nucose pressed through a soup strainer, add the yolks of five eggs, and mix well; whip the whites to a stiff froth, and fold it in the mixture; add flavoring and sugar to taste. Put the mixture into a pudding-pan and bake thirty minutes. Serve a spoonful of whipped cream to each order. If eggs are cheap, use seven instead of five.

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.

Apple Charlotte.—Make an apple marmalade. Cut slices of stale bread as thin as possible, cover the bottom of a square agate pudding-pan with pieces of the bread, and sprinkle over the bread a little unfermented wine or fruit juice, and spread marmalade evenly over the bread about the thickness of one-fourth inch. Cover with another layer of bread, sprinkle a little wine over, put away in a cool place. When ready for use, cut in squares and serve a spoonful of whipped cream on each dish.

Barley Fruit Pudding. - Wash and cook a cup of barley well done; strain off the water and save it. Mince four medium-sized apples, a cup of seedless raisins, one of currants; add it to the apples, also the grated rind of one lemon, four well-beaten eggs, and a half cup of sugar. Mix well and bake in a deep pudding-dish. Put the pudding on the upper shelf of the oven, so that it may become brown as quickly as possible. When that is done, cover the dish and finish cooking with cover on. Serve with whipped cream or unfermented wine sauce. Bake one hour.

### Bananas

By Anna Horning

THE banana is a very nutritious food, being especially rich in starch, and having a composition similar to that of the potato. It is a little more digestible than a raw potato, and a little more palatable, perhaps, for most persons. Like the potato, it is improved by cooking. The banana, as it comes to us in this country, has been picked green and allowed to ripen off the tree, and is far inferior to bananas obtained ripe from the tree in their native country.

By most people the banana is relished, and it agrees with most stomachs. There are, however, many who are unable to eat it raw, and not a few who are unable to eat it in any form. The following are some excellent methods of preparing the banana:—

Baked Bananas.—This is a simple form of preparing bananas; they may be either peeled and baked, or may be baked in the skin. The latter develops a richer flavor from the skin, which is not relished by some.

Baked Banana with Malted Nuts.—An excellent way of serving baked banana is to remove the peeling, bake in a moderately-hot oven, and sprinkle over it malted nuts.

Banana Toast.—Bananas cooked as above (baked or steamed), and run through a colander make an excellent toast when served on zwieback, dipped in hot water. It is also excellent on rice.

Banana Whip.—The white of egg is beaten to a froth, and to this is added

banana, either raw, steamed, or baked, which has been passed through a colander. The whole is again beaten thoroughly with an egg beater, and should be served immediately.

Banana Compote.—Make a custard, consisting of one pint milk, two small tablespoonfuls corn-starch or flour, and one egg. Sweeten and flavor to taste. Place in a double boiler and drop in bananas sliced or cut up in halves or cubes. Cook in double boiler.

Banana Custard.—One-fourth pound of butter is sufficient to make six pies. single crust. The butter should be cold and hard and should be kneaded into the flour just sufficiently to thoroughly mix it. Just enough of the coldest water obtainable should be used in making the dough, to enable one to roll the flour out on a board. Two cups of flour will probably be sufficient. Part whole wheat or part graham flour makes a more tender crust. In fact, the coarser the flour, the more tender the crust, the only objection being that the graham flour does not make a smooth-looking crust. The crust having been placed in the pie-pans, they are filled to a proper depth with a custard, made by baking or steaming banana, and passing through a colander. If desired this may have a thin layer of whipped cream or beaten white of egg, to which may be added a small quantity of lemon juice to suit the taste. Heat in the oven until slightly brown.

Sanitarium, Cal.

## Vegetarianism in San Francisco, Cal.



EGETARIAN principles are gaining rapidly in America as well as in other parts of the world, and, probably, in no part of the country are they better represented than in San Francisco,

as shown by the bill of fare set before its patrons daily at the Vegetarian daily occurrence, and the managers inform us that they are turning away from seventy-five to one hundred persons each day, whom they can not accommodate. They are looking for larger quarters, where they can meet the growing demands made upon them.

One has only to partake of a meal at this place to appreciate the high terms



VEGETARIAN CAFE, 755 MARKET ST., SAN FRANCISCO, CAL.

Cafe, located at No. 755 Market Street.

This cafe, as shown by the accompanying illustration, is not very large, but it does a big business, feeding from four hundred to five hundred people per day. During the lunch hour the writer has seen many people ranged along the aisle and around the tables, waiting for their turn to occupy a chair, as soon as vacated. This is a

used by its patrons in speaking of it. The palatable and dainty as well as substantial dishes that are presented, the care with which they are prepared, the prompt service, the obliging waitresses, the scrupulous cleanliness, and the air of refinement, all tend to make it a desirable place to dine.

Meals are served a la carte, and one gets the most substantial service for twenty-five cents. That such a meal can be served for so small a price is a strong argument that we can live as well and as cheaply without the use of flesh meat as with it.

That the Vegetarian Cafe presents a varied menu, and one that will satisfy, is well testified to by the large number of people who daily avail themselves of the opportunity of eating there, some of whom have been its constant boarders for over two years. for following a non-meat dietary. There are many foods that are almost entirely overlooked which contain a large amount of nutrition. The increase in disease among cattle and other animals used for food makes it dangerous to use large quantities of meat.

Many prominent men have been vegetarians, among them Oliver Goldsmith, who said:—

"No flocks that range the valleys free, To slaughter I condemn;



EMPLOYEES VEGRTARIAN CAFE, SAN FRANCISCO, CAL.

The Manager, Mr. E. G. Fulton, His Wije, and the
Chef, Mr. H. L. Spencer, in the Center.

Vegetarianism is not a new thing. There have always been people who objected to the practise of slaying animals in order to satisfy the appetite, and who have lived without using flesh meats. Such have said that nature provides an abundant and extensive diet for man's use, and that he is better, morally and physically,

Taught by the power that pities me, I learn to pity them."

This thought alone should appeal to every fair-minded person who believes in the right of all God's creatures to live, to such an extent that they would endeavor to eliminate from their diet those things that require the taking of life.

#### The Portland Sanitarium

Some time ago reports of the remarkable success attending the workings of the Medical and Surgical Sanitarium, located at Battle Creek, Mich., reached the ears of some health-seekers in the Pacific northwest, who immediately went and proved the truthfulness of the reports, and on their return announced the half had not been told. Urgent requests were made that a sanitarium conducted on

life will find a quiet, home-like restingplace, where everything is conducive to the recuperating of their exhausted energies.

Here nature is quite lavish in her gifts to the health seeker, a salubrious climate of equable temperature, free from extremes of cold and heat, blizzards and cyclones of less-favored localities, abundance of pure, soft water these, when accompanied by every ap-



PORTLAND SANITARIUM, FIRST AND MONTGOMERY STS., PORTLAND, ORE.

the same general plan and utilizing similar methods of treatment be established in this region. In response to these demands the management of the Battle Creek institution established in the metropolis of the northwest the Portland Sanitarium.

Those suffering from any chronic malady will here find the best possible means for regaining their health with the greatest ease, and those wearied by the cares and responsibilities of pliance and method which science has proved useful in the treatment of disease, physicians of experience in sanitarium medical work, trained nurses who are conscientious and attentive, even anticipating the wants of those placed under their care, cheerful and pleasant surroundings, and a careful regulation of the patient's daily life, certainly offer the very best possible means to the invalid for regaining his health in the shortest time and most comfortable manner.

The Portland Sanitarium is not a money-making enterprise, having been founded by philanthropic men and women for the purpose of helping people to understand more thoroughly and obey all the laws of health. All the earnings of the institution not needed for improvements are to be used in caring for the sick poor and in other forms of philanthropic work.

The site of the Portland Sanitarium occupies an entire block in an elevated portion of the city. The grounds are made attractive by beautiful lawns, rare shrubbery, flowers, shade trees, and clinging vines. As one views the picturesque landscape from the top of the Sanitarium, he is enchanted with the grandeur of the scene. There lie spread out before him mountains and valleys, forests and meadows, quiet hamlets, silvery streams, and well-kept farms, a view so lovely that he almost thinks "a piece of heaven lies on our earth below."

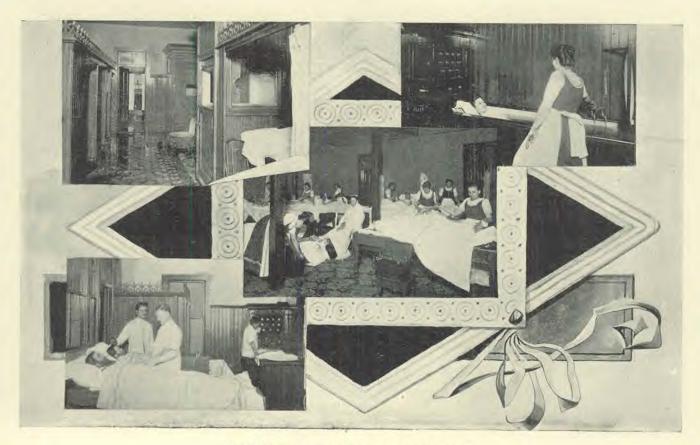
The methods and practises pursued in this institution do not rest on empirical grounds. Their claim for confidence rests, first, upon wellestablished physiological facts, the outgrowth of extended laboratory research and investigation by numerous well-known observers in various parts of the world, and, secondly, upon the provings of intelligent and carefullycontrolled experience, the winnowed results of which have been accumulating for nearly a century, but have crystallized into practical and proved facts especially within the last twentyfive years.

In these days, when prophets of healing are arising in all directions, and crying, "Lo, here," and, "Lo, there," when mind healers, faith healers, magnetic healers are, along with patent-medicine venders, purveyors of magnetic insoles, electric hair-brushes, fattening on the gullibility of the public in matters which pertain to health-getting, it is essential that the invalid should obtain, if possible, a clearly-defined idea of the nature of the healing process and how the work of curing the sick man is carried on. The fundamental principle recognized by the Portland Sanitarium is that expressed by Dietl, the pupil of the famous German pathologist, Rokitansky: "Nature alone can cure; this is the highest law of practical medicine, and the one to which we must adhere. . . . Nature creates and maintains; she must therefore be able to cure."

All the remedies used here are based on this fact. Hence, such simple measures are employed as will give nature an opportunity to work, and will cooperate with her in her continued struggle to restore and preserve health. In their interviews with patients the physicians endeavor to point out the cause of disease, and teach them that health-getting is a matter of health culture under favorable conditions, which include the discarding of all disease-producing habits, that the health which is gained may not be merely temporary but permanent.

The three physicians employed by the Sanitarium are all regular graduates in medicine, and follow their profession exclusively, devoting their entire time to giving careful daily attention to the needs of the patients.

Connected with the institution is a laboratory of hygiene, where bacteriological, microscopical, and chemical work is carried on according to the most approved methods. In this laboratory, examinations are made of the sputum, blood, urine, and fluids



DAILY SCENES IN THE TREATMENT-ROOMS.

of the stomach, as an important aid in diagnosis. All forms of disease are treated, except such as by their nature would prove detrimental to the interests of other patients, such as infectious and contagious diseases.

Diseases of the stomach and digestive system comprise a large percentage of the cases treated. The systematic lines of treatment, together with a special regimen of diet, give the patient advantages for the most rapid recovery.

Many diseases peculiar to women are best treated in an institution where methods of treatment can be utilized which can not be used at the patient's home. A lady physician gives special attention to these cases.

Among the cases successfully treated in this institution chronic nervous disorders of the nervous system are very prominent. The functional derangements, such as nervous prostration, neurasthenia, and nerve exhaustion, have been treated, with the best results.

Catarrhal affections of the upper air passages, together with bronchitis, asthma, and milder forms of respiratory trouble, receive much attention. The local treatment of these difficulties, together with general measures, brings about the best results.

In the Portland Sanitarium hydrotherapy in its most modern scientific methods is employed. Electricity in its various forms is used. Massage and manual manipulations of various kinds are utilized.

In the treatment-rooms are given all forms of baths, including the electric-light bath, in which the bather's whole body is immersed, so to speak, in a flood of intense light and regulated heat, which soon makes the

patient perspire freely. His head is outside the cabinet, so he can freely breathe the outside air.

In the treatment of all forms of chronic disorders, careful attention to the nutrition of the patient is of fundamental importance. The preparation of the food, and the regulation of the diet in each case, form an important part in the getting-well process in the Portland Sanitarium.

The success that has attended the surgical treatments in this institution is very gratifying. The work of the surgeon being prefaced by careful courses of treatment, the patient is especially prepared for the shock which always accompanies surgical operations. Thorough aseptic conditions also play an important part in obtaining these satisfactory results: while the restful and quiet surroundings contribute to the comfort of the patients. The surgeon treats all cases that can be benefited by careful and conservative surgery. In every instance where other lines of treatment offer equal inducements, the milder measures are favored.

The social life at the Sanitarium is wholesome and healthful. All connected with the institution as employees are believed to be Christian men and women, and the sincere, conscientious attention given by all creates a restful atmosphere. Christian service of some form is held in the gymnasium each Sabbath and Wednesday evening. Worship is also conducted by the chaplain each morning.

Any information desired may be obtained by addressing the superintendent, W. R. Simmons, M. D., or the Portland Sanitarium, First and Montgomery Streets, Portland, Or.

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VOL. XVI.

SAN FRANCISCO, CAL., DECEMBER, 1901.

No. 12.

THE Sacramento Branch Sanitarium reports increased patronage.

J.

The four food stores of the St. Helena Sanitarium Food Co., situated at San Francisco, Salt Lake City, Oakland, and San Jose, report good business.

of

THE treatment-rooms at Tacoma, Wash., are undergoing some repairing, and we trust will soon be ready for occupancy again, as a large number of patients are waiting for treatment there. Dr. T. J. Allen is expected to arrive soon from Oklahoma Territory to connect with these treatment-rooms.



THE Good Health Restaurant at Seattle, Wash., is enjoying a very large and appreciative patronage. Many people are turned away on account of the lack of room. Some changes have been made, however, whereby a large number more can be accommodated. The treatment-rooms at Seattle are also very well patronized, a large number being treated every week, and sanitarium facilities are called for by a great many people.

THE Sanitarium at Portland, Or., is having a very prosperous and profitable year. A larger number of patients have been received already than ever before in one year. The bakery department is filling many and large orders; in fact, its business has nearly doubled since one year ago this time.

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WE present our new dress to our readers this month in the beginning of a new era upon which the JOURNAL, is entering. The field is broad, the interest growing, and it is our aim to keep abreast of the developments along the lines of health and hygiene. Our motto is, "Every issue a special number."

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