

PACIFIC HEALTH JOURNAL

APRIL, 1902

The Warfare against Tuberculosis, No. 6

By G. H. HEALD, M. D.

True Temperance

By ALONZO G. JONES



Fruits, grains and nuts
form an ideal diet

Quoted from Article "An Ideal Breakfast" (See page 91)

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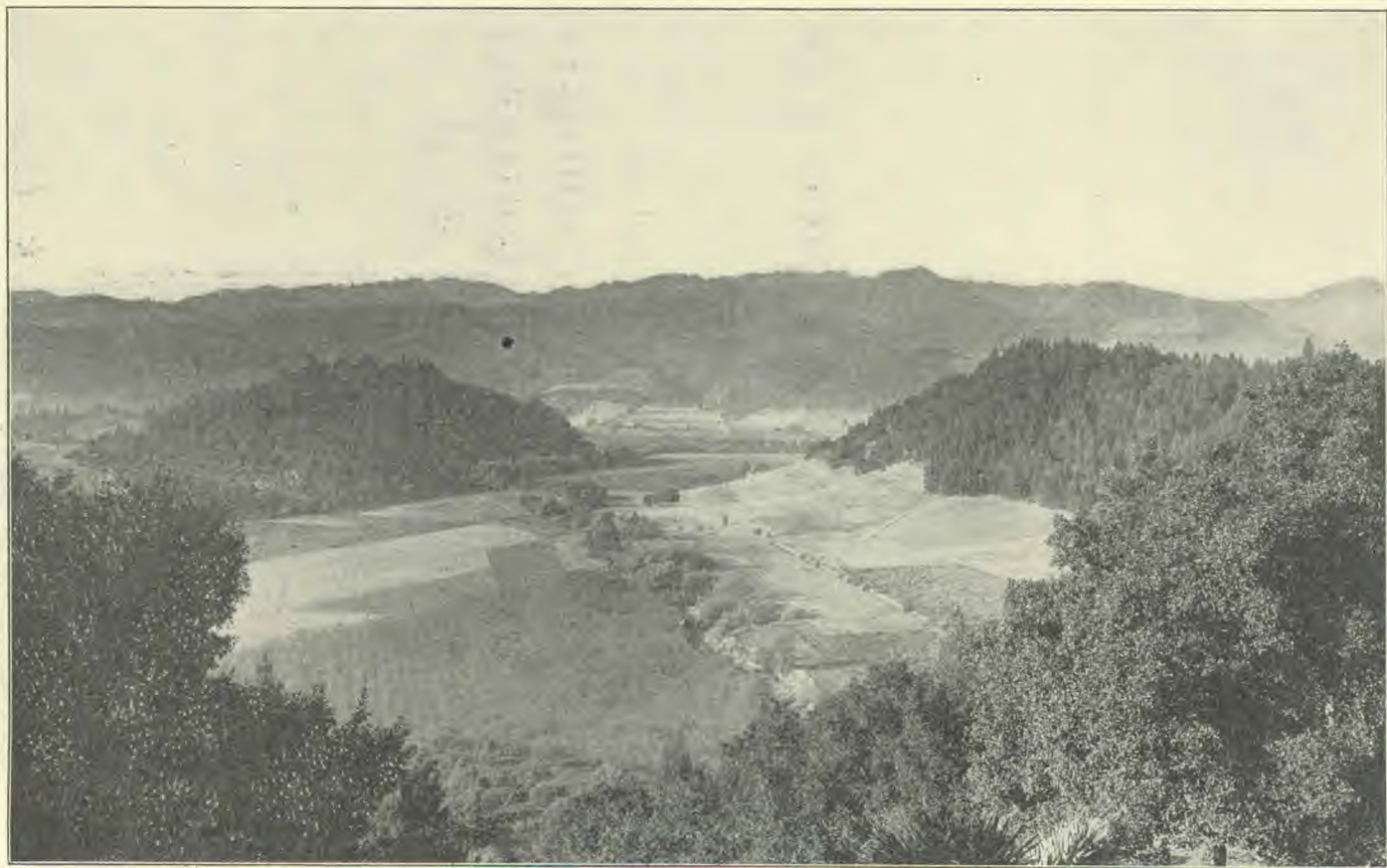


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SCENE IN THE BEAUTIFUL NAPA VALLEY.

PACIFIC HEALTH JOURNAL

A SOUND MIND IN A SOUND BODY

VOL. XVII.

OAKLAND, CAL., APRIL, 1902.

No. 4.

The Human Temple and Its Divine Occupant*

(Continued.)

By J. H. Kellogg, M. D.

[Physician in Chief of Battle Creek Sanitarium.]

"For it is God that worketh in you."—Bible.



HERE is a will within that controls your will, and the will that commands your chest muscles to contract when the body is in danger, is a stronger will than yours. You can not control your lungs or hold your breath, an evidence that there is a divine will

within the body, a will that knows more than you, and is stronger than you. There is a human will that can do things that are harmful to the body, but there is a will within the body that is taking care of it, even against our own will, that knows better than our own wills know, and takes better care of our bodies than our own wills can possibly do.

Let us go on a little farther. When you see that great brown mass, that we call the liver, of some animal, say of a dog, or a pig, or an ox, or maybe a man, it looks just the same in color. It is a big brown gland, and weighs

three and a half pounds, in an adult human being.

Examine it with a microscope, and you see in it some curious cells, which all look alike. But the most astonishing thing is that it can do so many utterly different things. The liver does more things than any other organ of the body. One thing, it makes bile. In order to make bile, the liver has to sort out all the blood that comes into it. It has cells, arranged in rows, on each side of the small vessels, so the blood comes through, and is inspected by one cell, and then another, and then another. As it passes by these little cells, it is all looked over, and these cells take out the alkali and waste.

The liver is a kind of leech-barrel, as it were. It takes out all the alkaline wastes—the most poisonous of all the wastes of the body—and from them it makes the bile. The bile is the most poisonous fluid secreted in the body. It is twice as poisonous as the secretion of the kidneys. Sometimes the liver will not do its work, and leaves it in, and then the person feels miserable. In health the liver takes these substances out from the blood,

*Abstract from a lecture given before the medical section of the Workers' Institute held in San Francisco, Jan. 23-31, 1902.

but these very poisonous things, that do so much damage if left behind, are transformed into a substance which is exceedingly useful, and helps to digest the food. What keeps the liver doing that work? What keeps it busy every moment, never stopping to rest for one single instant?

This work is being carried on night and day, without a moment's rest, and such wonderful vitality it has that it continually reproduces itself. An organ that is exposed in this way must have wonderful recuperative powers. It sacrifices itself for the benefit of the rest of the body. To compensate a little for its services, the liver is endowed with more vitality than almost any other organ of the body.

A German scientist opened a rabbit one time and cut off a part of the liver, and then closed the abdomen, and let it alone. In three months he opened it again and found the part reproduced. He cut off the other half, and, later on, it was reproduced; so that rabbit had a brand-new liver.

Suppose you take an earthworm and cut it in two. One-half will grow a tail, and the other half a head, so you will have two worms where you had one before. Now the liver possesses that very same power. Take a lobster's legs off, and in six weeks it has as good legs as it had before. That same creative power is represented in the liver. A man's brain can not do that thing, but in the liver itself resides a power to create livers. So there is the same power at work in the body that made the first man.

There are about five million cells in a little drop of blood that you can hang on the head of a pin. Now the most wonderful thing is that these

cells only live six weeks. One-half of the blood is made of these cells, and there are about twenty-two trillions (22,000,000,000,000) of them. They only live six weeks, then die, and what becomes of their dead bodies? Part of the duty of the liver is to eat them up, and to make use of the residue.

In Chicago they have a place called a rendering establishment. They gather in the dead horses, dogs, and other animals, and "render" them. They grind up the flesh, and make the hoofs into glue, and convert other parts into fertilizer, and utilize every part of these dead waste matters. The liver is the most wonderful rendering establishment you ever heard of. It takes these dead corpuscles and renders them, as it were, six millions of them every second.

Here is a stupendous fact that I want to call your attention to most of all. These six million cells that die every second are reproduced every second. SIX MILLION CREATIONS EVERY SECOND OF OUR LIVES, in our own bodies.

Every one of those cells is as much an independent living creature as a flower or a fly; each one complete, perfect in itself, a separate individual, with its own individual life, and its mission in the world, six million of them created every second anew, afresh. And the blood-cells are only one-twenty-fifth of all the cells being created in the body, so there are one hundred and twenty-five million of cells created in our bodies every second of our lives, and can we get along without God? Some people imagine they can; they do not want to have anything to do with God, but they or we could not live a second

without Him. God is at work in our bodies creating, just as He created the first man.

Now let us consider the wonderful regulation of our temperature. A man goes to sleep in a warm room; he wakes up perspiring. Suppose we had to perspire by an effort of the will. Suppose one of you said, "This room is getting warm; I guess I will sweat a little, to cool me off." One can't make himself sweat by thinking of sweating. In our skins are something like eleven thousand square feet of sweating surface, pouring out perspiration for the same reason that you put water on fire, and put your finger in your mouth when you burn it. Did anybody teach you to do that? It is instinctive. The body tells you to do that. You don't have to be taught it at all. And this same instinct says your body is warm, and you need some water on the surface of the body. I think that any child, who had never seen water, would take it and drink it when thirsty, and use water to cool itself when hot.

Chickens that have been brought up in an incubator have drunk water without being taught. When we need water on the surface of the body,

water pours out, and evaporates and cools us. Now this cooling off is done automatically. You did not have to take the trouble to think, "Now I am getting too warm, I will sweat a little, and cool off." If you did you would have to sit up nights to sweat, if the weather was hot.

The body's temperature is regulated continually. Open the window, and the temperature of the room falls five degrees, and there must be an adjustment, a little less perspiration. Close the window, and the temperature rises five degrees again, and the perspiration increases. And so this delicately-balanced adjustment of safety-valves and these governors within the body are constantly operating.

Now, is it your will doing that? You do not know anything about it. It takes place without your will, or in spite of your will, in opposition to your will. So there is another will at work. There is a will in the human body beyond the human will, caring for the body every moment of our lives. It is higher than the human will, greater than the human will, stronger than the human will, wiser than the human will.

(To be continued.)

The Enema and Its Uses

(Continued.)

By Henrietta E. Brighthouse, M. D.

COMBINED with other measures, the enema is of great utility in fevers, in diarrhea and dysentery, in Bright's disease when the kidneys are failing to act, in colic, in pelvic pain, both inflammatory and neuralgic, in gallstones and acute catarrh of the liver, in the varied neurasthenic symptoms due to clogging of the intestines and absorption into the system of the toxins resulting.

To reduce fever the cold enema is used. The temperature may be from 60° to 95°, according to the condition of the patient and the effect desired. The colder the water, the more powerful the effect both in lowering the temperature and in producing reflex action favorable to the general system, the heart, and the vitality. This treatment is adapted to typhoid fever, especially when full baths can not be

given, for lack of facilities or other reasons, but is also advantageous in other severe continued fevers, especially in pneumonia.

Two or three pints of water should be introduced slowly into the rectum and retained fifteen to thirty minutes if the temperature of the water used is over 80°. The treatment may have to be repeated several times before the temperature is reduced to the point desired. If the temperature does not yield easily, colder water should be used. In addition to lowering the patient's temperature, the bowel is cleansed of poisons, and thus one source of fever is lessened.

This method of administering the enema is open to objection because of the fatigue the patient is subjected to in being lifted on and off a bed-pan several times in succession.

Another method less objectionable is as follows: An extra piece of tubing, preferably somewhat larger than the tubing of the enema bag, and eighteen to twenty-four inches long, is attached to the tubing of the bag by some arrangement that admits of easy disconnection, as a piece of glass tube or an extra enema tip. A slop-jar is placed in readiness by the bed. The patient is arranged in an easy position on the side, the short tube inserted, and the water allowed to flow slowly, till about two or three pints have been taken. The flow of water being shut off, the tubing is disconnected and the end of the short piece lowered into the slop-jar, allowing the water to escape from the rectum into the jar without moving the patient. The tubing is again reconnected and more water introduced. In this way a continuous enema is given without especial fatigue to the patient, a point of great

importance where the heart is weak. The effect will be proportionate to the amount of water used, the temperature of the water, and the length of time the water is retained between each renewal of water.

Dysentery and diarrhea are successfully treated with the enema. The warm or hot enema is indicated here. In severe cases every stool should be followed by thorough cleansing of the colon. Ordinarily an enema of two or three pints of water at 98° or 100° is all that is required for this purpose. But in acute cases with great irritation of the lining membrane of the bowel, and in painful conditions and griping, the hot enema, 104° to 112°, is indicated. Sometimes this must be supplemented by some soothing or astringent enema, as starch water or starch water and tannin. Immediately following the hot enema, two tablespoonfuls of starch dissolved in a half cup of water, to which, if necessary, a teaspoonful of tannin is added, is introduced slowly into the rectum, to be retained. A very good result also attends the use of from one-half to one cup of sweet-oil in the same way. The oil is soothing to the inflamed and irritated intestine, and after its use the movements are much less frequent and the pain relieved materially.

The hot enema, 108° to 112°, is very useful in Bright's disease, and in heart trouble with dropsy. Its action is twofold, it stimulates the kidneys and the heart and also removes toxins from the intestine. In the passage of gall-stones, the hot enema, 112° to 115°, is relaxing and is one of the best measures that can be used to hasten the passage of the stones and relieve the accompanying pain. It should be repeated every three or four

hours till the attack is relieved. Colic and pain in the pelvis, whether inflammatory or neuralgic, also yield to the hot enema. The analgesic effect of the heat combined with its relaxing power is what gives it efficiency in these conditions.

A multitude of the symptoms and ills to which people are subject spring primarily from catarrh of the intestines, sluggishness of the intestinal canal, and constipation. No treatment will remove these symptoms that does not reach the cause, check the fermentation and putrefaction going on in the intestine, and remove their harmful products.

The colon clyster is an essential part of such treatment. This is an enema given in such a way that the water reaches the whole length of the colon. The patient, lying on the right side, with knees well drawn up and hips

elevated, is given two to four pints of water at a temperature of 98° or 100°, repeating the process two or three times if necessary to get a thorough cleansing. Such an enema should be given every day or every other day, and should always be followed by a pint or more of cold water, which should be retained, to counteract the relaxing effect of the warm enema, and its tendency to the formation of the enema habit, which frequently is the result of the wrong use of the large warm or hot enema.

The colon clyster is also given with the patient in the knee-chest position, that is, on the knees and chest with the hips in the air. This facilitates the flow of the water the whole length of the colon, and is sometimes the only way it can be done without the use of a special high enema tube.

The Warfare Against Tuberculosis No. 6

By the Editor

CURATIVE MEASURES.



THOUGH treatment yields by far the best results in the earlier stages of the disease, a fair proportion of cases, even in the more advanced stages, are either cured or materially benefited by judicious treatment. While there is life, there is hope; and no one should give up the struggle for existence even under apparently discouraging circumstances.

Measures which are helpful as preventives are, when properly modified,

applicable as curative agents. If abundance of pure air and of nutritious, easily-digestible food are needed in the pre-tubercular stage, they are doubly needed in the more advanced stages. The consumptive is suffering from insufficient oxidation and from impaired nutrition. While digestion remains good, he is receiving supplies of energy with which to combat the disease processes; when it fails, the patient rapidly sinks under the double load. So the dietary must be ample, and of such a nature as to insure easy digestion and the conservation of the digestive forces. Drugs which damage the stomach should be avoided.

The foods should be especially rich in oils and nitrogenous elements. The recognition of this fact has led to the supposition that meat is a necessary part of the dietary treatment of consumptives. Such, however, is not the case. While meat furnishes a large percentage of nitrogen and fat, it also contains the waste matters of the animal, which are absorbed into the circulation of the eater. In the case of the consumptive, whose eliminative organs are already overtaxed in the effort to carry off the disease products, this additional burden should not be imposed, inasmuch as other foods can be found which rank at least as high as meat in nutritive value and digestibility without having its disadvantages.

New milk and cream from a healthy cow, eggs, with dextrinized starch products, such as browned rice, zwieback, granola, and granose, make an ideal diet, which may be supplemented by the use of fruits. Bromose or malted nuts sometimes give excellent results. These foods, made from nuts, to which may be added sugar in its natural form, as prepared by the diastatic digestion of grains, contain the elements of nutrition in a form readily assimilated. Sufficient variety should be furnished from meal to meal to keep the patient from tiring of his food.

An excellent remedy for loss of appetite is an ice-bag placed over the stomach for half an hour before meals.

The appetite will be improved by measures which increase the general vital resistance, as open-air life, cold bath twice daily, carefully-regulated exercise. The consumptive should live in the open air. Indoor life should be the exception and not the

rule. If the patient is in fair strength and not under care of an attendant, he may take a rapid sponge bath, or, better, a spray twice a day, always being sure to secure a vigorous reaction. If under the care of an attendant, he may have either cold hand rubs, cold mitten frictions, or cold towel rubs, as may be indicated by his power to secure proper reaction.

If the patient is unable for a time to eat sufficient food, his nutrition may be maintained by the use of nutritive enemas, given at a temperature of ninety-nine degrees. For this purpose raw egg may be beaten up in milk until thoroughly broken up, or bromose may be dissolved in water. The nutritive enema should always be preceded by a cleansing enema, and should be given at least three or four times a day, using from half a pint to a pint of liquid at each time.

Exercise should be taken cautiously at first, and where there is a marked tendency to increased temperature as a result, it should be made more mild. Where the temperature is above 100° Fahr., the patient should be put on a "rest cure" until the temperature falls. That is, he should be kept outdoors on a couch in a recumbent or reclining position. If the weather is unfavorable, he should be protected by extra wraps. In a number of the foremost establishments for the cure of tuberculosis, patients are kept in the open air (on a broad veranda) for the greater part of the day, even in the worst weather. Advantage should be taken of the sunshine whenever it is available. An excellent substitute for sunlight during the winter months is the electric-light or radiant-heat bath.

Breathing exercises suggested in

former numbers as preventive measures may be used with advantage after the disease has gained a foothold, but should be used with great caution where there is a tendency to hemorrhage.

SYMPTOMATIC TREATMENT.

To relieve cough, foment the chest for fifteen minutes every two or three hours, covering the chest in the interval with a heating compress. To do this wring a small cloth out of cold water and cover the chest with it. Cover this with heavy layers of flannel in such a way as to prevent evaporation and to keep the chest protected from the air. When properly applied, this compress or pack will warm up in a very short time after it has been applied. Sipping hot water when inclined to cough will relieve the tendency.

For hemorrhage, raise the head of the bed slightly, apply ice to entire front of chest, and make hot applications to the back between the shoulders; put legs and feet in a bucket of hot water, or wrap them in blankets wrung out of hot water.

For night sweats the patient should be sponged at bed-time with water at 130 to 140 degrees, the application being made as rapidly as possible. Salt may be added to the water for tonic effect, or the hot sponging may be followed by an alcohol rub, the attendant taking in turn each part of the body, rapidly applying alcohol from the palms of his hands and rubbing till dry.

For diarrhea give an enema at 95 degrees after each movement of the

bowels, and apply over the abdomen a compress wrung out of water at 60 degrees. The compress should be changed often enough to prevent heating. The patient should be kept quiet until the diarrhea is controlled.

CONCLUSION.

For tuberculosis nothing equals cold hydratic treatment properly applied. But in order to secure good effects, they must be given so mildly as not to increase the cough, and increased in severity from day to day as the patient becomes accustomed to it. An increase in the cough, or a chill, or a failure to react means that the treatment has been too vigorous. The use of a hot foot-bath in connection with a cold application may help to secure a proper reaction; or if the patient is too feeble to tolerate applications to the entire body, the arms may be treated one day, the limbs another day, then the chest, and finally the back. In a little while the entire body can be treated at one time.

Germicides to be taken internally are of very little use, and damage the patient about as much as they do the germs. Inhalants composed of the essential oils in a balsam or oil base applied by means of a suitable nebulizer have a beneficial effect on the mucous membrane of the air passages.

Finally, as a parting caution, I would again call attention to the importance of destroying all sputum, catching the expectorations in a cuspidor containing a disinfectant solution or in pieces of cloth which can be burned at short intervals.

Don't sleep in a draught.

Don't use your voice much if hoarse.

The Human Body; Its Object and Attention

By A. G. Daniells

It is to be lamented that so little attention is paid to the human body. A great deal is done for what is commonly termed the soul, while but little is done to care for the body. There are ministers who are very earnest in the study and promulgation of theological questions, who daily violate the most important laws of their own bodies. We build and furnish expensive churches for man's spiritual good, and leave him to ignorantly and mercilessly violate the sacred laws of his physical frame. This is certainly a grave error.

From a careful study of the subjects of anatomy, physiology, and hygiene, we are impressed with the fact that a radical change must be made in the treatment of the human body. The body and the mind are very closely related. In fact, the mind is but a result. It seems to be produced by the body, the brain being the organ of thought. How do we get ideas of light, color, etc., but by means of the eye, or organs of sight? And by the ear we get ideas of sound. Thus the mind is produced, and seems to be the sum total of all the impressions received through the organs of sense. How evident, then, that the perfection of the mind largely depends on the perfection of the organs of sense! How evident, too, that whatever in any degree affects these sense-organs, correspondingly affects the mind, since it is through the operation of these organs that the mind is produced!

But these sense organs are parts of the body. They are material, and are built up and nourished by food, the same as other parts of the frame.

Every movement of the eye produces death and waste of tissue. But the blood, laden with nutritious food elements, bathes all parts of the tissues of the eye, thus keeping the organ in repair. The same is true of all the organs of the mind. If this be true, it would seem that the mind of man is influenced by the condition of his body to a much greater extent than might at first appear.

And, more, man's capacity to appreciate and enjoy spiritual things depends largely on his mental condition. In just the proportion that his mind is clouded by acts of intemperance, or warped by sin, it loses its power to grasp and enjoy that which is heavenly and spiritual. This, we presume, none will deny. We therefore conclude that he who would be the most truly religious, must possess a clear, vigorous, cheerful mind; and he who would be in possession of such a mind must take great care of the body, by which the mind is produced. He must not neglect its real wants, nor injure any of its organs; for such violation weakens the body, impairs the intellect, and renders one more or less incapable of appreciating and performing those religious duties which God requires.

These truths, obtained from a careful study of the body and the mind, are in perfect agreement with what God has revealed in His Word. In 1 Cor. 6:19, 20 we read: "What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? for ye are bought with a price; therefore glorify God in

your body, and in your spirit, which are God's." Paul here states that the body is the temple of the Holy Ghost. Because of this important truth, the Lord declares, "If any man defile the temple of God, him shall God destroy." That it is possible to defile the body with improper food we learn from the prophet Daniel. This great man of God "purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank." Dan. 1:8. For this reason Paul says, "Whether therefore ye eat, or drink, or whatso-

ever ye do, do all to the glory of God." And that the body should receive careful attention we learn still further from the course pursued by the apostle Paul. He says, "But I keep under my body, and bring it into subjection; lest that by any means, when I have preached to others, I myself should be a cast-away."

Looking at this subject in the light of either revelation or science, we can but conclude that it is our duty to understand the object of the human body, with its various organs, and the attention it should receive.

Rational Treatment of Constipation*

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

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



Spokane Sanitarium.

ALTHOUGH constipation of the bowels is one of the most common disorders met with by the physician, were its remote symptoms always recognized, the condition would be found to exist a great deal more frequently than is at present apparent.

Bouchard gave as his opinion that nine-tenths of the migraines were caused by intestinal intoxication, and that the only treatment which would prevent a return as soon as the effects of opiates wore away was to expunge

all putrid fermentation from the intestinal canal. The local causes, according to Osler, are weakness of the abdominal muscles, as in obesity, improper dress, sedentary habits, etc., by far the most common cause arising from a relaxed and enlarged condition of the large bowel, particularly the sigmoid flexure, by which the feces are propelled into the rectum. In the normal condition the majority of persons have one stool a day, although many individuals do not consider themselves abnormal by attending to the call once a week.

Experience has taught that drug medication in this condition is not to be relied upon, as every month sees new remedies heralded as specifics, but which after a number of failures are soon abandoned, with the hope of finding a more efficacious remedy.

Even the most obstinate constipa-

*Epitome of a paper read at the annual meeting of the Inland Empire Clinical Society, Spokane, Wash., Sept. 16, 1901, and published in the November *St. Paul Medical Journal*.

tion, not dependent upon injury or deformity of the intestines, can generally be relieved by thorough rational treatment. In the first place, all the causes of the disease must be carefully avoided. If the patient's habits have been sedentary, he must take abundant exercise, by walking, riding, etc. Horseback and bicycle riding are useful in this disease. Another excellent measure in such cases is vigorous kneading and percussion of the abdomen several times a day, for eight or ten minutes at a time. Many cases of constipation have been cured by this means alone.

The matter of diet is one of the important considerations in the treatment of constipation. The abundant use of fruit is one of the most excellent means of preventing and curing this disease. One or two oranges before breakfast, a couple of apples at breakfast, the free use of steamed figs, stewed prunes, and other fruits, are means to be recommended in nearly all cases of chronic constipation. Some cases are found in which fruit can not be taken. In these cases use coarse grains, cracked wheat, oatmeal, graham or bran bread, bran cakes, etc., with such vegetables as string beans, green peas, asparagus, and such others as are easy of digestion.

Sinusoidal electricity in the hand of the author has proven very efficacious in the relief of many obstinate cases caused by an atonic condition of the bowels and abdominal muscles.

The following histories are self-explanatory:—

Case No. 1. A mining prospector who was suffering from chronic constipation claimed not to have had a natural passage for ten years, often

going for several days before resorting to measures for even temporary relief. He had taken numerous cathartics, and had gone through a long category of patent medicines with no permanent relief. As measures of treatment his diet was corrected, and he was given clysters, abdominal massage, manual and mechanical Swedish movements, gymnastics, and galvanism, but still volitional voidance could not be accomplished, and peristalsis seemed almost absent. Although improvement was apparent, he continued to depend upon the enema.

Finally the sinusoidal current was prescribed, and used every day for a week, when the bowels began to act normally, and continued to do so throughout the two weeks' treatment that followed, as they have since his return home, some months ago.

Case No. 2. Mrs. C., housewife, suffered from obstinate constipation for years, having run the gamut of drugs from A to Z, continuing with each until it no longer afforded even temporary relief. After allowing this torpid condition to exist for several months, the climax would be reached by a severe bilious attack, in which for several days even water would not be retained by the stomach.

She was placed upon hydratic tonic treatment, using the sinusoidal current, together with the graduated enema. The diet was changed to one containing a liberal supply of fruits at almost every meal. In less than a week the bowels moved without any treatment, and during the year and a half following have continued to do so daily. Many similar cases could be furnished, all testifying to the efficacy of the above measures.

Another agent which has proven

highly beneficial in the hands of the author is the graduated enema. This form of intestinal irrigation is administered in the same way as the ordinary enema or the colon clyster, and differs from it only in the fact that each day the amount of water is diminished and the temperature lowered. We quote from Dr. Kellogg's recent work, "Rational Hydrotherapy:" "Beginning with three pints of water at a temperature about that of the body, the amount of warm water introduced each day is diminished by half a pint, one-fourth pint of cold water being added, making the total amount of the fluid one-fourth pint less each day. At the end of the twelfth day the enema consists of four ounces of cold water. In the majority of cases the decrease in temperature will compensate in stimulating effect for the diminished quantity; so that the bowel is thus brought to a more natural state, and weaned from the necessity of distention with warm water in order to provoke an evacuative movement. The graduated enema

is exceedingly useful as a means of overcoming the enema habit."

Cold water produces a movement of fluid toward the intestine by the reaction which follows the application. This fact renders the cold enema of value in constipation due to excessive dryness of the fecal matter. In the employment of the enema only such an amount of water as is necessary should be used. Many persons have been damaged by distending the colon so as to compel it to receive three or four quarts of water at once. The colon is often stretched and dilated to such an extent that it never returns to its normal condition, although much can be accomplished by adopting measures which will increase the circulation and thus overcome the obstinate intestinal inactivity.

The warm enema soon loses its efficiency because of its relaxing effect upon the intestines. The tone of the muscular walls is gradually lessened from day to day, until the distention is enormous, producing atony of the bowels.

An Ideal Breakfast

By Evelene Helman

WHAT to prepare for breakfast frequently becomes one of the most perplexing problems which the busy housewife has to solve. If we may say one meal is more important than another, the morning meal certainly ranks first in importance.

It is important for several reasons. In the first place, the time for making ready the meal is limited. In most instances, breakfast is served somewhere between 6:30 and 7:30 o'clock the year round, and, although the ris-

ing hour may, in some instances, be 5 or 5:30, yet, as a rule, not more than thirty minutes to one hour is spent in getting breakfast.

The effort to save time often leads to the preparation of many unwholesome dishes, such as buttered toast with coffee, fried meats, eggs, or potatoes, baking-powder biscuits, griddle cakes, pasty, half-cooked mushes, preserves, etc. Thus good food material is frequently rendered practically useless by the mode of preparation.

Secondly, the period between the breakfast and dinner is shorter than the time between dinner and supper, if three meals are taken, or dinner and breakfast, if two meals are taken. In the majority of homes, perhaps, breakfast is eaten at 7 or 7:30; dinner, promptly at 12, and supper at 6 or 6:30 o'clock. Allowing one hour for the stomach to rest before dinner, leaves only from three to four hours in which to digest the breakfast.

Thirdly, the appetite for breakfast is not so keen as for the meals following, especially if a late supper has been eaten the preceding evening. If nothing has been eaten since dinner at 2, 3, or 4 o'clock the day previous, or if the supper consisted largely, if not wholly, of fruits, the appetite for breakfast will not need to be coaxed, and the stomach will have no difficulty in taking care of a goodly quantity of plain, wholesome food. Neither do early risers who have an hour or more of active, out-of-door exercise, complain of a poor appetite for breakfast.

But it is the rule, rather than the exception, the world over, that after completing the toilet in the morning, the next thing to be thought of is breakfast. The appetite is poor, and the tired stomach is not in condition to digest even the most simple food, and is overpowered when one indigestible dainty after another is forced upon it. Thus more energy is frequently expended by the system in digesting a meal than can possibly be replaced by the food taken at that meal. And to continue in this way day after day can certainly bring about nothing less than general debility and digestive disorders.

Fourthly, a short period of rest is usually taken after dinner, in which

the system is allowed to devote its energies to the work of digestion, while the breakfast is usually eaten more hurriedly, and at once the active duties of the day are entered upon, and more energetically perhaps than during any other part of the day.

Moderate physical and mental exercise is conducive to good digestion, even if taken immediately after meals, but over-exercise, especially mental exercise, in connection with a sedentary life, favors indigestion and disease. Energy is used for other purposes, and the blood is diverted to the brain, instead of remaining in the stomach, to attend to the work of digestion.

Other reasons might be mentioned, but these will suffice.

To meet these difficulties, then, we must select dishes which are quickly prepared, easily digested, simple and appetizing, well combined, and highly nutritious.

The breakfast should be the most carefully planned, best cooked, and most daintily served meal of the day. The maxim, "A work well begun is half done," may well be applied to the work of digestion. A simple, wholesome breakfast, partaken of with thankfulness and good cheer, furnishes the very best foundation for the work of the day. Much of the weakness and "tired feeling," so often complained of, may be traced to tired digestive organs and the absorption of poisons from a poorly-digested meal.

A prominent temperance worker has truthfully said that "much of the intemperance and disease in our land originates in the home at the table." Unwholesome, irritating food creates thirst and a desire for stimulants,

and men are frequently driven to the saloon to seek relief.

With good management a good, wholesome breakfast may be prepared without consuming much time in the morning. But even if it should consume considerable time, we should find it economy in the end; for by a little extra care in preparing the food, the stomach may be saved hours of hard work, and we be enabled to work better and longer.

Fruits, grains, and nuts form the ideal diet, and the following is a sample menu, including those articles. This may be added to and made more elaborate, or it may be simplified by discarding the nut foods and puffs, and still present a good breakfast.

Fresh Fruits,

Browned Rice with Fruit Juice,

Protose Cutlets,

Prune Toast,

Graham Puffs or Rolls,

Nut Butter,

Zwieback,

Whole Wheat Bread,

Peach Sauce.

The fresh fruits will vary with the season, and the matter of eating them at the beginning or close of the meal will be left to the individual. The juicy varieties, as oranges, grapes, etc., eaten at the beginning of the meal, or from one-half to an hour before, serve as excellent appetizers, and act as germicides, and thus prove a valuable aid to digestion.

The browned rice will cook in a steam cooker, or double boiler, in forty-five minutes to an hour. Of course we will have it on hand already browned.

Granola porridge, crystal wheat, granose flakes, and similar products, if obtainable, are much more quickly prepared and more nutritious. It ought not to take more than ten or twelve minutes to get the puffs ready to go into the oven, and they will bake in thirty minutes in small gem irons. They may be baked the day previous and warmed (unmoistened) in the oven a few minutes in the morning. The other breads will be on hand.

The cutlets are quickly cooked, and the prune marmalade will simply need to be heated and dished upon the individual slices of moistened zwieback. The peach sauce may be canned or freshly stewed, if in season. The fruits furnish all the drink necessary.

Here is another menu, in which milk, eggs, and vegetables are used:—

Baked Potatoes with Parsley Sauce,

Poached Eggs,

Toasted Wheat Flakes with Cream,

Graham Bread,

Zwieback,

Caramel Cereal Coffee or

Hot Milk.

Baked corn-meal mush may be substituted if toasted wheat flakes or granose flakes are not obtainable.

Another simple and nutritious breakfast might consist of:—

Hot Malted Nuts,

Zwieback,

Poached Eggs on Hot Granose Flakes,

Toasted Whole-wheat Wafers,

Fresh Berries or Canned Fruit.

By a little systematic planning many of the difficulties experienced in getting breakfast may be avoided.

True Temperance

By Alonzo T. Jones

TRUE temperance is temperance in *all things*. To be temperate in one thing and intemperate in others is not temperance at all. This will be the more readily seen when it is understood, as it always ought to be, that temperance is self-control. Whatever it may be in which a person has not the control, the mastery, of himself, just so far he is intemperate. Thus it will be seen at a glance that the practise of temperance is not completed when a person has only renounced the use of strong drink. A person may never have touched a drop of spirituous or malt liquors, yet at the same time he may be intemperate in many ways. In many things he may not have control of himself.

Some there are, yes, a multitude, who have not control of their temper. They are as quick-tempered as a flash. In this respect they have hardly any control of themselves at all. They are intemperate. Others there are by the thousands who are ruled by their passions. Such was Felix, before whom and with whom Paul reasoned of righteousness, self-control, and judgment to come. Such are intemperate. Others again are ruled by their appetites—things which in themselves are perfectly lawful, but by which thousands of people allow themselves to be controlled, instead of assuming the mastery themselves, and acting with self-control. These are intemperate. Others yet again allow the desire of gain to rule, and to drive them onward into many foolish and hurtful things. All such are intemperate.

So it is in all things, in every phase of life. Instead of ruling themselves

they allow themselves to be ruled by some wicked, sinful thing. One is controlled by strong drink; another is controlled by impure thoughts and lustful desires; another, by a gluttonous appetite; and so on through the long list of human frailties. All are intemperate. Each one lacks something of that self-control which he owes himself, in filling the place of a real, manly man, or womanly woman, in the world. No one of us has much in which he can boast himself over his fellow-mortals.

“Happy is he that condemneth not himself in that thing which he alloweth,” saith the Lord. Rom. 14:22. It is perfectly allowable to eat and to drink. How should any live without it? But the human race, from the first pair onward through the world’s history, has condemned itself in that thing which in itself is one of God’s good gifts to men. God created men and women in the world together. He Himself established the marriage relation and surrounded it with His own holy sanctions. He created men and women with social qualities, capable of enjoying and mutually profiting by the social relation, with the sanctions which He established. But for men and women to condemn themselves in these relations, which in themselves are perfectly allowable, has been not the least of the banes of human existence. The Lord directs that men shall be diligent in business, and prosperity is the inevitable result of such a course. But instead of holding the course with an even hand under God, men allow prosperity to lead them into the love of it for its own sake, and so condemn themselves in the thing

which in itself is not only strictly allowable, but highly commendable. In all these things we must needs keep ourselves the subjects of our own control, or else we shall always be what we always have been, and that is, very slaves sold to serve under the arbitrary and cruel mastery of a perverted appetite or an unholy ambition.

It is for this cause that in the Scriptures we are so often exhorted to the practise of self-control, that is, temperance. Does the great apostle tell of "the faith in Christ"? He does it by reasoning of "righteousness, temperance [self-control], and judgment to come." Acts 24:24, 25. Does he call men to a race for the heavenly crown? He lays down the one great rule of the contest, "Every man that striveth for the mastery is temperate in all things." 1 Cor. 9:24, 25. Does he give directions as to who shall be intrusted with the care of the flock of God? One of the necessary qualifications is that he shall be "temperate." Titus 1:8. Does he enumerate for us the fruits of the Spirit of God? One of these precious fruits is "temperance." Gal. 5:23. Does Peter show us as to how we shall obtain an abundant entrance into the everlasting kingdom of our Lord and Saviour Jesus Christ? It is by adding to

"faith virtue; and to virtue knowledge; and to knowledge temperance," etc. 2 Peter 1:5, 6, 11. Does Jesus Himself tell us who shall be His follower? He says, "If any man will come after Me, let him deny himself [control himself, master himself], and take up his cross daily, and follow Me." Luke 9:23.

This is true temperance. Without it man is not himself. Without it he is not the whole man that God wants him to be, and which he must be to enjoy the full, symmetrical measure of all his powers. But out of Christ none can attain to it. Christ filled the measure of every perfection. He did it as a man, that in Him man might do it. Out of Christ man is not himself, as he ought to be, nor as God wants him to be; he is handicapped with the weight of his own wrong tendencies entailed upon him, or acquired by him, and of himself he can not rise to the complete dignity of a man. But in Christ his lapsed powers are restored, he recovers the strength that he must have to control himself completely. In Christ, and in Him alone, can man surely acquire the mastery of himself, and so succeed in the practise of true temperance,—self-control. Then he will be his own free man and Christ's servant forever.

The Ideal Mother

As God's sun runs its course from morning until evening, so no eye sees your steps, and no ear hears your movements; but when the sun sinks, man knows that it will rise again, and move forward to warm all the earth, until it ripens into fruitage.

This picture of the sun brooding like a mother over the world, is the prototype of every woman who knows the power of transforming a humble living-room into a holy abode, making it a consecrated home for father and children.—*Johann Friedrich Pestalozzi.*

WHITE vaselin or soft paraffin, if injected beneath the skin or mucous membranes, will remain unabsorbed, and by its bulk cause a permanent enlargement of the part so treated. As it is inert, it has no effect upon the surrounding tissues, which, being loose and capable of distention, do not suffer any harm from the pressure.

Recently Professor Guernsey, of Germany, has employed this injection method in about thirty cases, among which were three cases of cleft palate, in which the abnormal opening was closed by the enlargement produced by the presence of the paraffin beneath the superficial tissues. The method seems to have a cosmetic value also, and sunken cheeks, saddle-nose, and other deformities may be corrected by its use. Severe inflammation, and even symptoms of poisoning, resulted in cases where the paraffin or vaselin used was not perfectly pure and absolutely sterile.

IN speaking of "blackheads," an editorial writer in the *Farm and Fireside* uses the following plain language: "These are simply dirty pores. Deny it all one may, the disgusting fact remains that the pores are not kept open by daily washings of the face with warm water and the best soap, aided by brisk, hard rubbing with a soft cloth, followed by brisk, hard rubbing with a towel. Oh, no, women who know that a greasy cloth needs soap and water and plenty of soaking, who know that perspiration is an oily fluid that seeks to escape from the system, to bring to the surface many impurities, and who know that the skin has thousands of tiny sewers, whose outlets are these pores, will still

cling to an inherited, ignorant whimsy that to keep the skin of the face soft and fine 'cold water and no soap' must be used on the face. They 'have the face' to say it, and their grimy, coarse-skinned faces attest the fact. Some of them at fifty discover that something is the matter, but would not properly 'wash' even then, but hire some shrewd woman to grease their faces and rub off the dirt and rub out the wrinkles. Every age has its wrinkles, and facial massage is largely 'a wrinkle of the present age.'"

And then the writer adds that, "for a face that has accumulated dirt for fifty years, a good emollient is to rub with finely-bolted, wet Indian meal once a day, after softening the skin well with soapy warm water, then rinse well with warm water." If the latter is not done, the face will be rough. The face cloth is better than a sponge. All of which is good, sensible hygiene.

"THE kissing habit" is proper enough in proper places, at proper times, between proper persons; but one place where it ought to be suppressed is the kissing of babies and young children by any one and every one fancy struck with the sweet, childish faces. There are mothers who have the courage to request that the babies should not be kissed. Would that all might, for the sake of the little ones, have the courage to kindly forbid it. Many contagions spread in this way.

Always go into a sick-room with a smile upon your countenance, and see that your words are such as to inspire cheer and confidence.

M. I. EDITORIAL

THE recent talk by Dr. Kellogg, in San Francisco, in which he said that a man can eat food but can not digest it, suggests the additional thought that eating is as much a miracle as digestion. The voluntary acts are as much beyond man's sensible control as the involuntary.

I will try to explain. You can will to eat. You close your jaws, but can you tell just what muscles contracted, and how much they contracted, or the order in which they contracted? Can you tell the exact course of the nerves over which the impulse was sent? Can you tell the number of the nerve cells involved in the act and their exact location in the brain? Can you tell why, when you willed to close your jaw, these nerve cells sent the impulses they did? Can you tell the nature of the nervous impulse or how it caused the muscle to contract? If you have made a life study of physiology, you may know some of these things, but still it will not enable you to have better control of your jaw.

The cow has as good control of her jaw as the wisest physiologist. She did not have to study physiology in order to learn how to operate the delicate and complicated mechanism constituting her cowship. Her mother did not teach her. A wisdom greater than all the physiologists put together was within her to teach her the use of her various organs.

In the simplest animal, consisting of a single cell, is manifested a wisdom which the sages of the past have never been able to fathom. In every part of creation is displayed an infinity of wisdom and power which "science,"

as such, does not recognize; and, not discerning it, she always stands at the edge of a huge bank of fog. This bank seems to melt gradually before advancing science, but, like the glacier, it maintains its vastness.

"Canst thou by searching find out God?" Job 11:7. "The world through its wisdom knew not God," 1 Cor. 1:21, R. V. Why not cast "down reasonings, and every high thing that exalteth itself against the knowledge of God," and accept the record, "It is God that worketh in you"?



Now that the smallpox scare is on, it may be well to remember that the disease is not nearly so dangerous as tuberculosis or pneumonia; and especially during the present epidemic, it is not nearly so likely to be followed by bad effects (except the inconvenience of quarantine or a term in the pest-house) as scarlet fever and diphtheria; and yet the old dread, born when the disease made such terrific havoc, continues. Those who are protected by recent vaccination have practically nothing to fear. And the recent observation that disinfection of the skin prevents the formation of pustules, should make the disease even less dreaded.

It does not follow that we should invite the disease by carelessness. We should take all reasonable care to avoid the disease, and help the health officers in their effort to stamp it out, but should not let its presence in a neighborhood paralyze trade and interfere with the ordinary vocations of life.

WOMAN'S REALM

Conducted by Mrs. M. C. Wilcox

My Companion

By Minnie Embree

THUS my trouble found expression—
"You're a little botheration!"
But the romping three-year-old,
Whom those hasty words I told,
Was 'mong those I loved the best,
Youngest in the household nest.

Pleasure he to me doth bring
As we journey to the spring,
When we go to feed the chicks,

Bring the wood, or gather sticks.
Every day he brings me joy,
Happy, romping baby boy!

When the cows are far away,
And 'tis near the close of day,
Then we go to bring them home,
Back with ferns and flowers we come.
Surely life had lost its song
If I had not him along.

The Family vs. the Solitude of Self

WE feel sure that the readers of our "Woman's Realm" will enjoy reading the following excerpts taken from the *Independent*, and written by the able and well-known writer, Marion Harland, in reply to a paper discussing the subject of "Small vs. Large Families," by Mrs. Ida Harper, whose paper bespeaks the sentiments of more minds than that of the writer. It seems sad that the so-called higher education of our fair sex has led them to such conclusions regarding the subjects of wifehood and motherhood. Some excellent thoughts are brought out in the reply.

"I read as a strange language that 'woman has never attempted one advanced step which has not been blocked by these two words—wifehood and motherhood. . . . Marriage, nowadays, is by no means so necessary to women as men are apt to think; and while, if all the conditions were

favorable, the average woman might prefer to be married, she may not consider it worth the sacrifices which are oftentimes required. The number of educated women who take this position is apt to increase, so long as men continue to insist on a certain amount of ignorance and a strong constitution as the essentials of matrimony. After a while, when they become liberal enough and wise enough to make intellectual companionship, sympathy of thought, and congeniality in tastes the prominent features, they may be able to convince such women of its great advantages.'

"The clause of the above quotation at which I pause, amazed and perplexed, is that which declares wifehood and motherhood to be a block upon the wheels of true advancement for our sex.

"I smiled, not unkindly, the other day, in reading the protest of the pres-

ident of a girls' college against the demand that she should be expected to educate her pupils for the duties of wives and mothers. It is enough, she said—and very sensibly—that she should aim to develop their mental, moral, and physical powers judiciously, teaching girls to make the best of themselves, as individual women. The naive demurrer suggests inevitably M. Jourdain's astonishment at finding that he had been talking prose all his life and never suspected it.

"A long stride will be taken toward the fulfilment of the divine dream I spoke of just now when the perfect woman, nobly planned, and brought up to the full measure of her being by the means our protesting president pledges herself to use, shall be joined in God's own ordinance of marriage to the perfect man, developed by similar methods in his scholastic halls. And this, though president and professor may have wrought without conscious design of improving the human race in coming generations.

"At this point we will follow our essayist's example and use great plainness of speech. The policy of education and living that contemplates the improvement of the human race of this generation alone, is imperfect and shortsighted. Each of us, by the very fact of our birth and continued existence, has laid upon us the duty to leave the world better, and not worse, because we have lived in it.

"Says our essayist:—

"Think what it means for a woman to give the core of her life, the beautiful years between twenty and forty-five, the time when the mental powers are at their best, when enjoyment in the pleasant things of the world is

keenest, to the exacting demands of the nursery!

"In demurring, the conscientious women do not base their objections on the ground that 'they can be something better than the mother of children,' but rather on their right to claim a part of life for what Elizabeth Cady Stanton so aptly calls the 'solitude of self.'"

"Think—let us say, in like strain—what it is for a man who loves books, art, travel, study, and leisure for scientific research, whose 'mind to him a kingdom is'—nay, an empire, in breadth and riches—to spend twenty, twenty-five, thirty beautiful years, the core of his life, in practising a profession by which he is to enlarge his influence, to benefit mankind, and lay up wealth to be distributed for noble ends and which will provide competence and luxury for his declining years!

"Yet how do we characterize him who buries himself in the solitude of self, making present comfort and personal enjoyment the chief object of an immortal soul, the life that now is the limit of desire, ambition, and achievement? . . .

"The public of this, and of every age, claims the right to have a word in whatsoever menaces the public good. It is an undeniable fact, demonstrable by direct physical evidence and according to the consensus of nature, common sense, domestic, social, and political economy, that marriage *should* 'result in children.' If the statement sounds bald, it is because the truth must sometimes be unclothed. The exquisite tripartite physique of every woman is fashioned with express reference to that end. God set in her members, when they

were cunningly fashioned, the stamp of this purpose, and appointed her mission to the 'generation following.' And God makes no mistakes. He is never a purposeless, eccentric economist.

"In the 'beautiful years' (I thank our brilliant essayist for the phrase!) during which her children are growing up about her knees, she is making her permanent investments for the harvest-time, writing her messages of love, of heroism, of faith and hope upon the age which is to be.

"Naturalists tell us that the larvæ which are to be queen bees by and by do not differ at first from those that are to develop into workers and drones. They are made royal by the food upon which they are nourished from the instant they leave the egg. Solomon might have added to his adjuration to the sluggard, 'Go to the *bees*, ye mothers; consider their ways and be wise.' The true immortality of influence is not hers who writes an 'Aurora

Light,' or a 'Consuelo,' or a 'Corinne,' or a 'Middlemarch,' or paints 'The Horse Fair,' or hews from insensate stone such marvels of beauty as 'Puck' and 'Zenobia.' Maria Mitchell, Mary Somerville, and Caroline Herschel wrote their names among the stars. It is the mother's prerogative to form souls that will outlive the stars. Said Lincoln at Gettysburg:—

"The world will soon forget what we say here to-day. The world will never forget what those heroes did here on that July day."

"Eternity will carry on and on the story of what the mothers of the land are saying and doing to-day. Viewing from this standpoint the life which now is and that which is to come, every wife should accept motherhood as a patent of nobility. She should fulfil the duties it involves as unto the Maker, whose coworker she is, and the race whose destinies are in her hands."

Childless Mothers

THE wife who has passed her many years of married life in childless motherhood, has lost from out that life a greatness and pleasure that she may not have realized at first, but that is brought home to her with redoubled force and meaning when she has passed the zenith of youth and is coming to understand that life is not perpetual youth.

Keen anxiety and sorrow she may have missed also. Yet it is also true that "it were better to have loved and lost than never to have loved at all." The childless mother has not known the depths of degradation to which a child can bring its parents, nor yet has she known the fulfilment

of greatest love and bliss. Neither has she known the anguish of the sting of death, when her fondest hopes have been laid low. She has escaped great care and responsibility, but she has lost from her life in unalloyed joy more than she has escaped of sorrow.

The mother-love is an elemental part of a true and womanly character, and that it is a part of her intended nature is abundantly proven. The woman who openly declares herself to have never felt the tender, uplifting sentiment of such love, at that moment admits herself likewise lacking in many a womanly quality of heart and being. Her heart is not the tender

one, or the tender, sympathetic thing that every woman's heart is supposed to be. The childless woman who can look unmoved upon a mother and her devoted son, without a pang of jealousy, or in other than a spirit of deepest admiration, is a woman whom it is well has been denied the right of motherhood. But, fortunately for the world, such women are few, though childless homes are many. In numberless instances the homes where children's voices have never been known are such from unknown causes. In many other instances, they have remained childless intentionally, and the causes therefor are various. Some of these causes are good and worthy; others, but the outcome of selfishness that tempts to the shirking of all responsibility and care.

The wife who goes through life childless out of a heart-felt consideration of the rights of the unborn, is to be commended and never condemned. Believing within her and realizing the truth that every child has a right to be well born, and realizing at the same time that it is highly improbable that

a child of her own could be physically well endowed, it becomes a duty incumbent upon her that she shall not become a mother. Better far to be a childless mother, and to offer her love to children not her own, but that stand in need and in waiting for her love.

There is a wide place within the universe for the childless mother. She finds herself surrounded by many child followers as she advances in years. Her own life becomes rounded into completeness through the love she gives and receives. Her influence has saved from the pitfalls about them girls and boys, youths and maidens—many. Neglected at home, they would have stranded eventually and gone down. The mother-heart, with no child of its own, has been quick to perceive where counsel and encouragement were needed, and the widening gap between that child and its own mother has been safely bridged over by the love of another who has partially and practically stepped in to save.—*Mrs. Nellie Hawks, in American Mother.*

Nut Bread

MRS. WILLIAM H. MARTIN, in *Good Housekeeping*, has the following, which we give as we find, substituting konut for lard, as much to be preferred:—

"So many housewives desire the recipe for the popular nut bread, as served in the fashionable Chicago tea-rooms, that the writer sends the same, secured with great difficulty. Scald half a cup of milk. Add one-half cup of boiling water, and when lukewarm, three-fourths of a cake of compressed yeast softened in three tablespoons of

lukewarm water, half a tablespoon each of konut and butter, two tablespoons of molasses, one cup of nut meats (preferably pecans or English walnuts), one-half cup of white flour, and enough entire wheat flour to knead. Finish and bake as ordinary bread. Let stand twenty-four hours, if sandwiches are desired; cut in thin slices and in fanciful shapes, if preferred. Spread with butter and put together in pairs, with currant jelly or orange marmalade between, they become the famous Noisette sandwiches.

Notes on Current Topics

By B. B. Bolton, M. D.

[Director Los Angeles Southern Laboratory of Hygiene.]

AT a recent meeting of the Paris Academy of Medicine a report was read in which a new preparation composed of the active principles of certain plants growing in Chile and the United States of Colombia, and called bacilline, was said to have cured eight cases of consumption. The remedy was given by hypodermic injection.

THE Illinois state pure food commission has commenced the prosecution of a number of retail dealers in an effort to stop the sale of adulterated foods. Imitation butter, adulterated vinegar and flavoring extracts, have become so numerous and injurious that it became necessary to prosecute thirty-two dealers, and more cases will probably be filed.

THE world's supply of cucumbers is 200,000 barrels short, and the public, through ignorance of that fact, has been using them quite freely. As a consequence, the pickle market may find itself entirely out of cucumbers before the new crop is ready for use. Should this occur, we will probably see more red lips and rosy cheeks and fewer dyspeptics.

SMALLPOX has been quite prevalent in the United States for several months. American unskilled labor has been scarce and high priced during this period. Mexico has supplied a large portion of the demand for laborers, and as many of these laborers were obtained and distributed over

large areas by the railroad companies, it is quite probable that the disease has been spread in this manner. Smallpox is always to be found in various parts of Mexico, there being little or no effort made to control it.

THREE children were recently poisoned in Los Angeles by eating colored candy. Through the prompt attention of three physicians, two of the children recovered.

Many anilin dyes are very injurious, and France, Austria, and other European countries have strict laws regulating their use. There is need of a more careful supervision of the manufacture of colored foods and beverages in California.

By an examination of the original, unopened packages of coloring matter used by manufacturers of colored foods and beverages, it appears that these dyes are handled, not under their real names, but under proprietary names, which give no clue as to the dye or dyes used to give the desired color. The users of these dyes disclaim all knowledge of their composition, and affirm that the responsibility can safely be placed upon the manufacturers of the dyes, who would not sell injurious dyes, as it would injure their business to do so. It would seem, however, that if firms will manufacture "black pepsin" and "red albumen," they can not be trusted to produce harmless coloring mixtures to be sold under trade names when harmless colors are much more expensive than poisonous ones.

HEALTHFUL DISHES

Food Recipes

By Evelene Helman

Graham Puffs.—Put into a crock one cup of rich milk, one-fourth teaspoonful salt, and the yolk of one large egg. Into this beat, do not *stir*, two-thirds of a cup graham flour and one-half cup white flour. Beat vigorously for five to eight minutes, fold in the stiffly-beaten white of the egg, pour into hot gem irons, and bake in a moderately hot oven for twenty-five or thirty minutes. The amount of flour will vary some with the grade of flour used.

Graham Rolls.—Into two-thirds cup graham flour and one-half cup white flour and one-fourth teaspoonful salt mix gradually cream enough to make a quite stiff dough. Then work and pull until it snaps when pulled apart. Form into rolls about three or four inches long and one or one and one-half inches in diameter, and bake in a rather quick oven.

Baked Corn-meal Mush.—Cook the grain thoroughly the day previous. In the morning cut in slices about three-fourths of an inch thick, roll in nut or dairy cream, or beaten egg, then in crumbs, and brown in the oven. Cold boiled or mashed potatoes may be served in the same manner.

Parsley Sauce.—Prepare an ordinary sauce or gravy from rich milk, flour, and salt. and add finely-chopped parsley.

Prune Toast.—Select nice California prunes, wash well and soak for a few hours, then cook slowly in plenty of water for four or five hours, until the juice is thick like syrup. Remove the pits, pass the prunes through the colander, thin to proper consistency, re-heat, and serve on slices of zwieback slightly moistened with nut or dairy cream or boiling water.

Browned Rice.—Spread a thin layer of white rice in a baking pan and brown in a moderately hot oven until of a uniform yellowish-brown color. To one cup of the rice add two cups of water, a little salt, and steam for from forty-five minutes to one hour.

Protose Cutlets.—Dip slices of protose in egg which has been beaten slightly with salt, then roll in cracker or bread crumbs, or granose flakes, put on oiled tin and brown in a hot oven.

Malted Nuts.—To two heaping teaspoonfuls of malted nuts add about one cup of boiling water and stir until well mixed.

Banana and Raisin Pie.—Prepare paste and line out plates as for pies generally. When lined out, lay sliced bananas in them, and put on a layer of stoned or Sultana raisins, as you choose; add sugar and a dash of water, put on the top crust, finish, and bake as for other pies.—*C. H. King, in Vegetarian.*

PACIFIC HEALTH JOURNAL

MONTHLY—DEVOTED TO

FAMILY HYGIENE AND HOME COMFORT

G. H. HEALD, M. D., Editor
J. O. CORLISS, Managing Editor
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Send contributions to G. H. Heald, M. D., Healdsburg, California.

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No. 4.

A Visit to the Portland Sanitarium

THE managing editor of the JOURNAL has had the recent privilege of a visit to the Portland Sanitarium, and was agreeably surprised to witness the abundant signs of progress at that institution. He found the managers talking about plans for early enlargement, for the accommodation of expected patients. Already, rooms have to be rented outside for the supply of present demands, and the proposed improvements seem a decided necessity, as many patients now have to be turned away for lack of room. All connected with the institution seem hopeful and cheerful, amid their labors of love, which is the best of evidence that the blessing of the Most High abides in their midst.

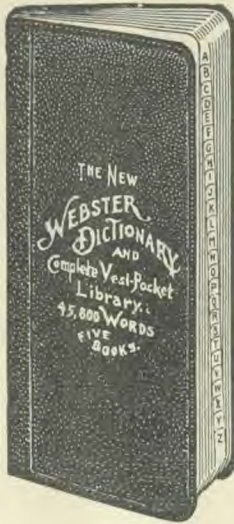
DR. LEADSWORTH, superintendent of the Spokane Sanitarium, was in Portland during the late convention at that place, and he reports the institution over which he presides to be in a very prosperous condition. A large,

roomy, and well-designed building has just been completed for that institution, which will place it on a good footing, so far as ample accommodations are concerned. We shall expect to hear frequent reports of increasing prosperity from that point.

LATE reports of the Sanitarium Food Company show a large increase of food stores, with constantly enlarging sales of sanitarium foods. This, of course, means an increase of product from the factory, and that in turn means that its foods are growing more popular and becoming more generally used. This is indeed a pleasing prospect. Success to the entire enterprise!

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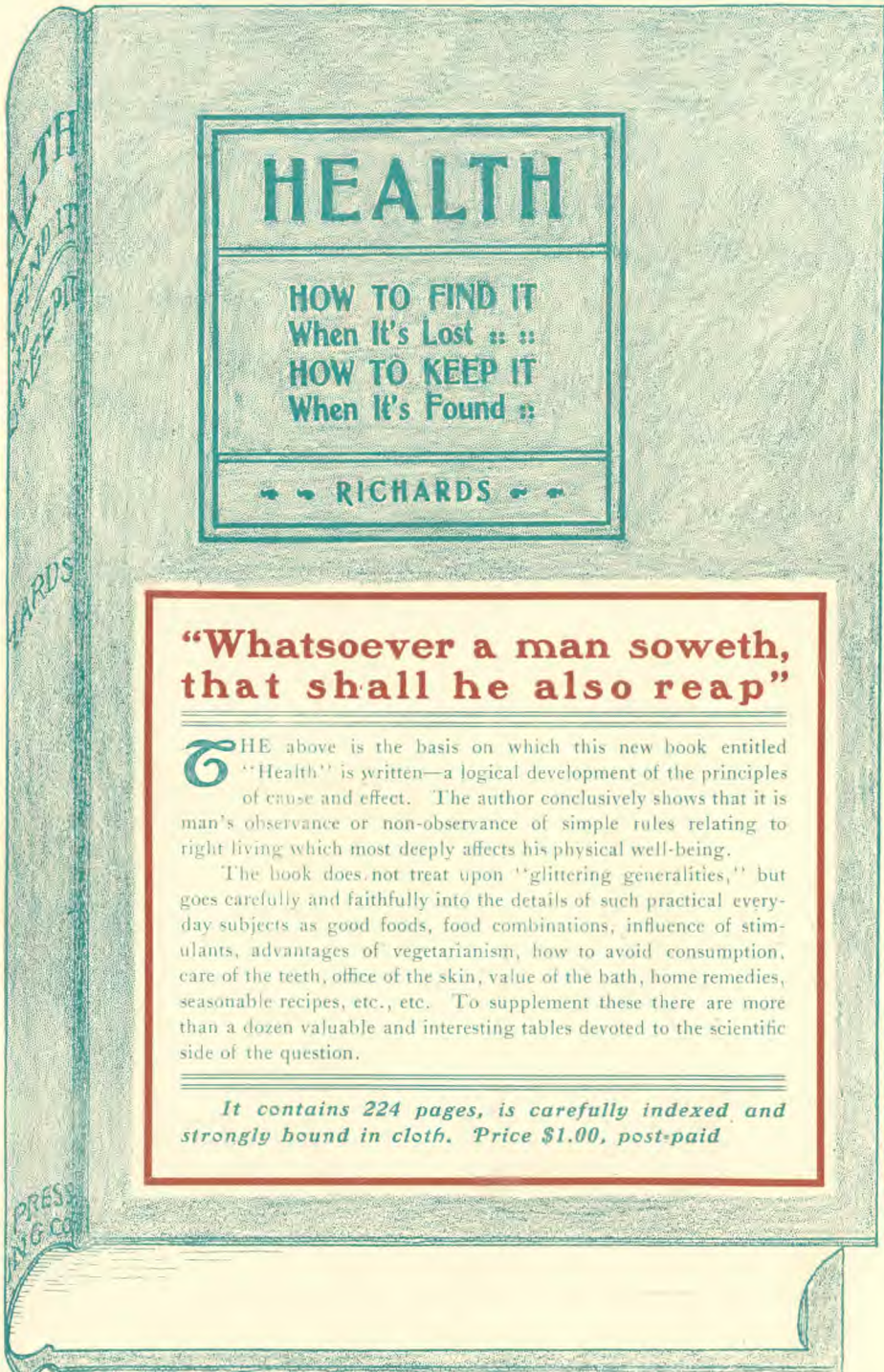
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