



# PACIFIC HEALTH JOURNAL



♣ ♣ *MAY, 1902* ♣ ♣

## SIMPLE TREATMENTS

(ILLUSTRATED)



BY A. L. LINGLE

## FIRST CAUSES OF INTEMPERANCE

BY W. S. SADLER

## RELATION OF TEETH TO PERFECT HEALTH

BY S. A. SMITH



“To be free-minded and cheer-  
fully disposed at hours of meat,  
and sleep, and exercise, is one  
of the best precepts of long  
lasting.”

From “Mental Influence upon the Body”

*See page 108*



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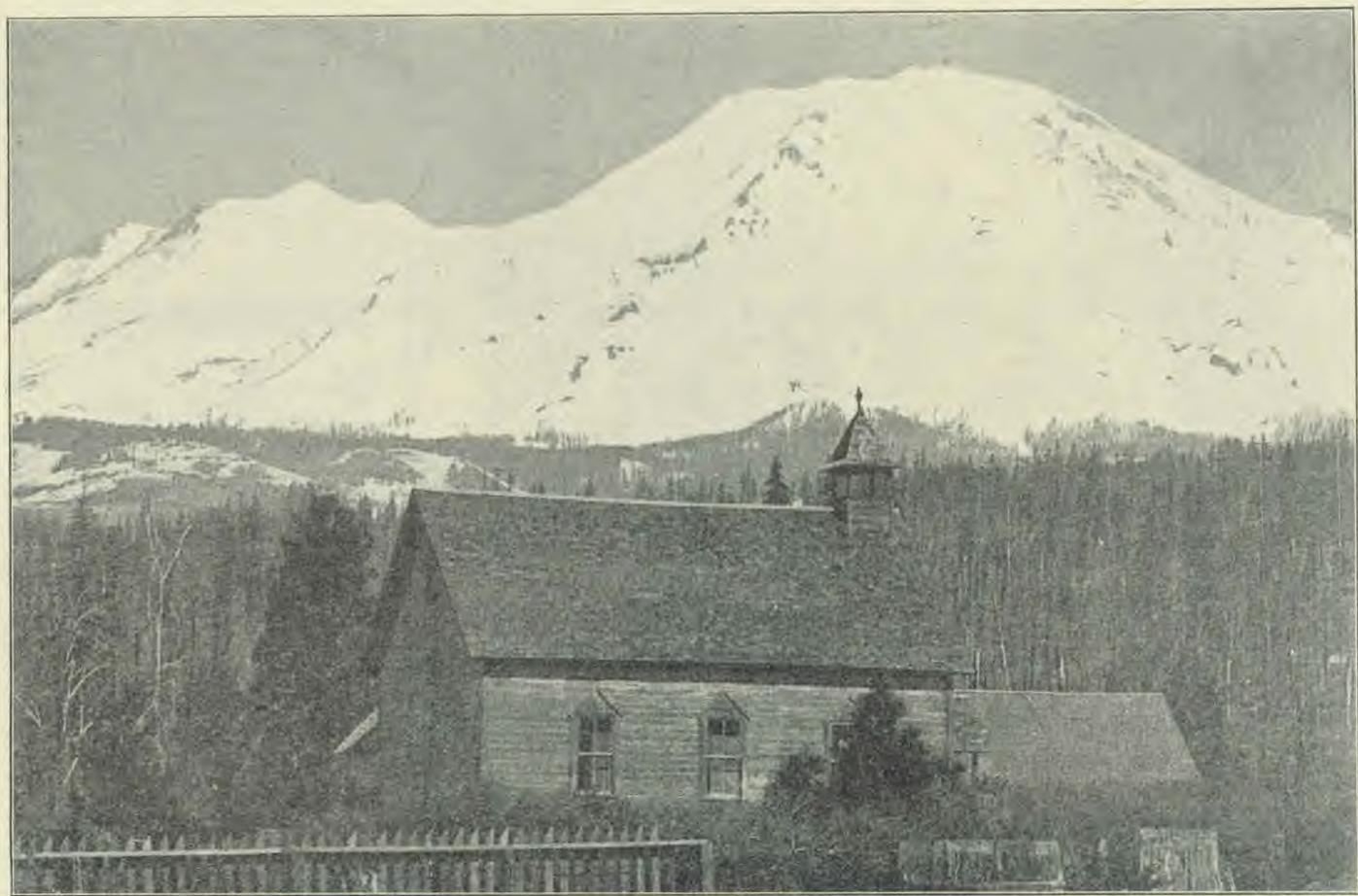
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# PACIFIC HEALTH JOURNAL

A SOUND MIND IN A SOUND BODY

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No. 5.

## The Divine Instinct

By J. H. Kellogg, M. D.

[Physician in Chief of Battle Creek Sanitarium.]



**A**MONG the most wonderful things in the body are the so-called instincts of the body. A modern philosopher tells us that man reasons, while animals are guided by instinct, but the more we study the lower animals, the more we must be convinced that they are guided by intelligence as well as what we call instinct, and if we study man we see that there are instincts in him as well as in the lower animals. Man has both instinct and intelligence, and so the animal has instinct and intelligence. A homing pigeon taken 500 miles out to sea flies straight home when it is let loose. Put that pigeon asleep in a box and shut it up tight; take it out to sea 500 miles and it will go straight home. Put it under the influence of chloroform—and such a thing has even been done—and make it insensible, and carry it out to sea, and still when it is let loose it goes straight up into the air, makes a great circle, and then makes a bee-line to home. Can you account for that? You say that pigeon has a homing instinct. That is how scientists explain the whole thing. You have simply given a name to it.

We can not understand how the pigeon knows that it should go this way instead of that way. What is the instinct of the pigeon?—It is God speaking to it, saying, "This is the way, walk ye in it." What a comfort it will be when that same voice is speaking to us, if we will hear! The pigeon is not a very intelligent bird, but it does what God tells it to do, and so it trusts itself to God, and God leads it home. And there is the homing instinct in every man that is drawing him home. The horse has an instinct that tells him what to eat. The average man has lost his horse sense, and dog sense, and pigeon sense, and has but very little sense left.

When the instinct of fatigue tells us we have done enough, we ought to stop. Fatigue is a divine voice speaking to us. The same power that is controlling all the internal organs of the body says, "Rest and sleep." You want to keep it going, but you can not. Your eyelids drop down, your muscles fail, and you are bound to settle down to sleep anyhow. You drink a cup of tea or coffee, perhaps, and it stops your ear so that you can not hear the voice when it speaks to you. You are just as weak as you were before, but you do not know it.



Many people are in the same way morally.

The drunkard feels hungry, so he takes a drink. The smoker feels hungry, and takes another cigar or a pipe, and the voice is stifled. A man is weary, feels weak, and goes to the doctor. The doctor gives him some strychnin. It relieves his weariness, by making him feel strong when he is not strong. So it is with every tonic and stimulant.

Then we have the instinct by which the heart knows when to beat, the

lungs when to breathe. These automatic functions of the body are every one a divine voice speaking to us. When you have a desire for air, this desire for air is God speaking to you telling you to breathe the air. Hunger is God's voice, saying, "There is food; reach out your hand and take it; eat it, and live." Hunger is a divine voice speaking. Instincts are all divine voices within us, proving that God is not a long way off from man, but dwells within him, even though he is a wandering child, far from God.

## Relation of Teeth to Perfect Health

By S. A. Smith

THE teeth deserve more consideration by those who desire perfect health than is usually given them. As a part of the digestive apparatus, they perform the first and by no means the least act of digestion, as on the perfect mastication of food the succeeding stages depend.

The main causes of indigestion are imperfect combination of food, too rapid eating, and a bad condition of the mouth.

The subject of decaying teeth and *old stumps* in the mouth is one which has received much, and is of late receiving more, attention by physicians, as it has become a recognized fact that this is the primary cause of many constitutional diseases which are actually incurable until the condition of the mouth has been changed from a diseased to a clean condition. It has also been found to be true that the mouth is an excellent culture ground for numerous disease germs, as the temperature, moisture, exclusion from light, and abundance of food are all

exceedingly favorable to germ growth. This being true, could we occupy a very few moments each day more profitably than in the care of the mouth?

"Cleanliness is next to godliness," and I believe it has internal as well as external application. If the teeth were kept perfectly clean and free from food deposits, they would not decay, and then we would have it in a nutshell. Perhaps some will say, "I take exception to that, because I have cleansed my teeth with a brush regularly, and they are in no better condition than they were without any brushing." This may all be truth, for brushing as it is ordinarily performed does not remove the food from the interspaces of the teeth.

To properly cleanse the teeth they should be brushed on the outside next to the cheek, inside next to the tongue, and on the masticating or occlusal surfaces. To brush them effectually the brush should be forced from the root toward the crown, and *vice versa*, as well as given a rotary motion.



Even this is not sufficient to remove the food deposits where the teeth are closely arranged, it being necessary to take a piece of waxed dental silk floss (which may be obtained from a druggist or dealer in dental supplies) about six inches in length, and pass between the teeth once a day, after which an antiseptic mouth-wash is excellent. If you think your teeth are perfectly clean after brushing, try the floss once, and, after removing from between closely-arranged teeth, place to the nostrils, and do not say you are surprised. Do not forget that the last molar is to receive as much attention as the central incisor.

Some may query how often the teeth should be cleansed, to which I would say, at least twice and preferably three times a day. In the morning, upon arising, for decency's sake; after breakfasting, for the teeth's sake, and before retiring, for your own sake, as the fluids of the mouth change from an alkaline to an acid reaction, when the teeth are affected most, during sleep.

Often the question comes, "What dentifrice would you recommend?" Each powder or liquid on the market claims superiority to all others, but any powder, precipitated chalk, for

example, which has a goodly supply of antiseptic and deodorant properties, without deleterious ingredients, is admirable. If the gums are swollen and surcharged with blood, some antiphlogistic may be added with good results. Do not use any powders that are at all gritty. Many liquid dentifrices have an acid reaction and should therefore be discarded.

The kind of tooth-brush depends on the person. If a very young child having temporary teeth, the brush should be quite soft; if about twelve or fourteen, or the gums are very tender, one somewhat stiffer; while the adult should have one not too stiff but sufficiently so to press between the teeth during the act of cleansing. The brush should not be too cheap a one, as it will shed its foliage and may cause more or less disturbance of a serious nature. Some prefer a brush having some of the bristles longer than others, as the interspaces of the teeth are more readily reached and the food particles dislodged.

For your own sake, as well as those with whom you are associated, extend your toilet to your mouth and teeth, as your bosom friend will unconsciously turn from a foul breath.

## Spring Cleaning

By the Editor

WARMTH increases the activity of living matter. Microbes multiply much more rapidly in warm than in cold weather, provided other conditions are favorable. The three essentials to germ growth are food, moisture, and a proper temperature. Where it is very dry and hot, most of the microbes are destroyed by drying up. Few germs survive even a

few hours drying in the direct sunlight. Many of the microbes on the surface of the ground are thus destroyed, as the soil dries, so that part of the germs which are carried around by the summer breeze are dead. But there may be damp places on the north side of the house or in the cellar, or perhaps in the dark space under the house, or possibly there may



be a defect in the plumbing, permitting a leak under the sink.

These conditions, while to a certain extent harmful in cold weather, become more dangerous as warm weather approaches.

Many houses have been kept closed during the winter (not wisely, perhaps), in order to economize in the use of fuel, and to keep out the dampness. While all houses should be thrown open to the air and sun-

light, it is especially important that these should now be opened and sunned. Sunlight, air, and desiccation (drying) are three of the greatest hindrances to germ growth; and every intelligent housewife will see to it that they have their due influence around her premises. Let in, not "a little sunshine," but an abundance of it. Health is preferable to bright carpets, oxygen to germs, fresh air to musty odors.

## Mental Influence upon the Body

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

[Superintendent Mount View Sanitarium.]



*Spokane Sanitarium.*

PERHAPS few outside of the medical profession realize the influence of the mind over the body. But the fact that its influence is recognized by even the non-professional is demonstrated by the physician's examination almost daily, wherein anxious relatives earnestly request that the patient should not be informed of the seriousness of his disease, for fear that the information might preclude the last hope of recovery.

The physician who can inspire hope and confidence in the mind of his patient has done much to place him under conditions most favorable for a rapid recovery. This can be accounted for largely from a physiological standpoint, in that a depressed state of mind seems to check if not totally stop many of the body processes. Thus from a failure of the excretory organs to carry on their usual work, the

broken-down tissues are left behind to clog the delicate living machinery and interfere with its natural work. The converse of this is true when the mind is in a cheerful, hopeful state; digestion takes place more freely, absorption is more natural, and the secretions—the best systemic germ destroyers—are more active to resist the encroachment of disease processes.

"To be free-minded and cheerfully disposed at hours of meat, and sleep, and exercise, is one of the best precepts of long lasting," is the testimony of Lord Bacon. There is an eastern apologue which describes a stranger on the road meeting the Plague coming out of Bagdad. "You have been creating great havoc there," said the traveler, pointing to the city. "Not so great," replied the Plague. "I only killed one-third of those who died; the other two-thirds killed themselves with fright."

It is well known that when the great English surgeon John Hunter, angered by an unjust criticism, rose to reply,



he was greatly agitated, and as his lips parted to speak, he fell lifeless to the floor. It is related that a well-known surgeon of St. Petersburg died while engaged in an operation. He was about to amputate the arm of a patient, and had already begun the operation, when he was angered by the awkwardness of a student who was assisting him, spoke to him sharply, and suddenly fell fainting to the floor. He soon recovered consciousness and was about to finish with the operation, when he fell again, and died in a few minutes. The moral is obvious.

Dr. Oswald relates several incidents which aptly illustrate the same truth: "In the early days of California Governor Pacheco once lassoed a big old grizzly, and, with the assistance of his cowboys, tried to drag it alive to his mother's ranch. They wanted to chain him to a tree and have a little fun next Sunday, besides hoping to amuse the old lady with an undiminished program of his antics, and in the meantime tried not to hurt him, but fetch him along by what the Mexicans call *altraves* mode of transportation:—

"Held by two lariats, the prisoner is provoked just enough to make a rush for one of his captors, and is permitted to please himself in the role of a pursurer, as long as he pursues in the right direction. Should he balk, they reexcite his vindictiveness, and hold him back only if he happens to develop a dangerous rate of speed. In this manner they trotted him along some six English miles, when he suddenly refused to budge another step, and presently collapsed, straightening out with a quiver, as if in the throes of death. A further examination demonstrated that this monarch of the forest was really dead. Careful in-

vestigation precluded the possibility of his having been choked to death, and the only tenable explanation was the conjecture that the old fellow had died of rage."

"Have you any advertisement about a lost wallet?" asked a young soldier, entering the police court of Geneva one morning and holding up a large leather pocket-book.

"Why, that's Squire Ballard's, the Englishman's, who offered that big reward," cried one of the clerks, after a brief examination of the contents, "and"—after a closer inspection—"I declare, not one franc missing—£15,000 in bank-notes, besides letters and cheques."

"Bank-notes? What's that?" inquired the soldier.

"Why, treasure notes, paper money, as good as gold, and a whole fortune of it. The owner offered 1,000 francs reward, and it is worth that much to get back more than a quarter of a million. Say, hold on, where are you going?" he called out, when the treasurer trove staggered toward the door. "Won't you leave us your name and address?" But the soldier was gone.

Stumbling along the promenade, like a man in a dream, he reached his barracks, took a rifle from the gun-rack, and, without a moment's hesitation, pressed the muzzle against his temple and blew out his brains. The witnesses, summoned by the garrison inquest, testified that their ill-fated comrade had never been fond of intoxicating liquors. On the morning of his last day he had been in perfect health, and left the barracks in rollicking good humor, yet promenaders who saw him stagger along the river park an hour later, noticed his death-like pallor and thought he must have



met with an accident. Yet his trouble was wholly mental. The realization of the fact that he had missed the chance of his life had stunned him like the stroke of a bludgeon. And he hastened to plunge into annihila-

tion, as the only possible refuge from the tortures of self-reproach. "Died from the effects of ill-timed honesty," would probably have been the verdict of a Texas coroner's jury.

*Spokane, Wash.*

## First Causes of Intemperance. No. 1

By W. S. Sadler

It is more than probable that the temperance movement of to-day has come short of what it might have accomplished had it been carried forward along evangelistic lines, and from a thorough-going scientific basis. In the tenth chapter of Ecclesiastes and the seventeenth verse, we read, "Blessed art thou, O land, when thy king is the son of nobles, and thy princes eat in due season, for strength, and not for drunkenness!" The inspired pen has here very intimately associated wrong habits of eating and drinking with drunkenness and all its train of consequent evils. Three rules for eating and drinking are here suggested:—

1. Eat in due season, that is, regularly, at the right time.
2. Eat for strength, that is, nourishing foods properly prepared.
3. Not to eat for drunkenness; suggesting that wrong habits of eating are a predisposing cause of intemperance.

The great reform along temperance lines has hitherto dealt mainly with effects; the *greater temperance reform* must deal with causes also. Until reform lays the ax at the root of the tree, that is, at the specific cause of the trouble it aims to remedy, it will fail in producing permanent results. In all true reform, prevention must go hand in hand with suppression. Any

reform which ignores the real causes of the evil it hopes to remove is certain to meet with ultimate failure. It must be recognized that the saloon is not the sum and substance of the drink problem. The grog-shop should not attract all of our attention, and consume all of our effort in behalf of the cause of temperance. Not infrequently, the saloon is but the effect of certain predisposing and preexistent causes.

Let us first of all cultivate a spirit of individual temperance. Men and women should become individually stirred up on this great question. It is to be feared that the temperance movement has gone beyond the temperance spirit. The machinery of reform is powerless for the accomplishment of good unless it has in it the motive power of genuine reform and the spirit of true temperance. Better far to have a few individuals fired with the spirit of true reform, than a great organization without the spirit and power that must accompany every successful and permanent reformation. Temperance reform can not be separated from the many other physical reforms in eating and drinking, which are directly or indirectly associated with it.

Dr. Oliver Wendell Holmes has said that we are but omnibuses in which our ancestors ride, and that the



training of a child should begin a hundred years before its birth. The law of heredity, of children reaping the harvest of iniquity from the sins of their parents even unto the third and fourth generation, has its place in the cause of intemperance; and frequently does this prove to be the early predisposing cause in producing inebriety. The young man who comes into this world thus handicapped, is called upon to live a life of strict temperance, and to exercise special precautions in his habits of eating and drinking, that he may gain in the ascendancy over this unpleasant legacy left by intemperate ancestors. Such an individual should especially recognize the necessity of eating for strength and not for drunkenness. Thousands of young men have passed rapidly down to an early drunkard's grave who might have been saved by a little educational effort along the lines of right eating and drinking. Is the effort worth the while? Then why do not temperance reformers give earnest and conscientious attention to methods of prevention which could easily be set in operation by intelligent food reform?

Among the first causes in the production of intemperance should be mentioned the pernicious practise of drugging children in their infancy by means of soothing syrups and other sleep-producing or quieting concoctions. This frequent dosing with soothing syrups containing quieting drugs, produces an early derangement of the child's nervous system, and the inevitable result is an unnatural clamoring for excitement and stimulation later on in the child's experience. These drugs, administered during the first months of their lives, often given in large doses by mothers

who do not care to be troubled by a crying baby (in all probability crying because of sheer physical pain resulting from wrong feeding or other neglect), are highly injurious. These soothing syrups derange the nervous system of the child, and set up an abnormal rhythm and unnatural clamoring. A law of rhythm pervades all nature. The sun rises and sets with regularity. The heart beats at certain intervals. The lungs work with rhythm. The nervous system presides over the rhythm of the human body. Man is but a system of perfect rhythm. In a state of health everything moves perfectly, but in disease, and as a result of stimulation, these periodical impulses are often found manifesting themselves along lines of inebriety and debauchery. It is largely this that produces the periodical drunkard, and it is even possible to predict, within twenty-four hours, when many of such persons will be found intoxicated.

Of a large number of cases observed by the writer, fully three-fourths of these periodical drinkers have had their attacks of drunkenness with almost unerring regularity. This law of periodicity is the explanation of the fact that members of the best families in the community begin early in life to show a tendency toward intemperance. It is remarked, "How can such a thing be, when his father is such a splendid man?" etc. The reason is very often that the nervous system of the unfortunate individual was thoroughly deranged in infancy.

Every effort should be put forth by the mother, the nurse, the temperance reformer, to enlighten the mothers of to-day upon this important subject.

*(To be continued.)*



## Simple Treatments

By A. L. Lingle

[Instructor in Hydrotherapy and Practical Nursing, Healdsburg College.]

### THE FOMENTATION.

#### *Preparation of Fomentation Cloths.*—

Take a full width single blanket, half wool and half cotton, and cut it through the center each way, making quarters. To keep them from unraveling run a stitch one-fourth inch from each edge on the sewing machine and overcast the edge.

Fomentation cloths prepared in this way will retain their shape better and last longer.

*The Water.*—Prepare a pail or similar vessel two-thirds full of boiling water. This should be kept hot during the entire treatment, as there is nothing so unsatisfactory as half-heated fomentations. They not only do no good but may do harm.



To keep the water hot it should remain on the stove; where the fomentations must be given at some distance from the stove, it is best to have it in a wooden pail closely covered by a fomentation cloth to prevent the loss of heat.

*Folding the Fomentation Cloths.*—In order to prolong the heat it is customary to have the water at a much

higher temperature than can be borne by the skin, and interpose a dry cloth between the wet one and the skin. In this way the skin, instead of being stung or blistered by a sudden impact of hot water, becomes gradually accustomed to the high temperature. To



further prolong the heating effect, two cloths instead of one are folded together and wet. Lay two of the cloths on a table, one exactly over the other, and fold lengthwise twice so as to make a strip about eight inches wide, having eight thicknesses.

#### *Dipping and Wringing the Cloths.*

—1. Grasp this strip with one hand at each end, and bring the ends together, letting the cloth hang down something like a letter U.

2. Dip the dependent portion into the water, keeping the ends dry, to avoid burning the hands.

3. Holding the cloth over or in the pail, to avoid wetting the floor, and having the ends of the cloth (one in



each hand) parallel and pointing toward you, *twist both hands to the right*. The left hand will turn inward and the right outward. When the cloths have been wrung as dry as possible in this manner, draw the hands apart in such



a way that, as the cloth stretches, the drippings will fall into the pail. The process of bringing the ends together, twisting and stretching, should be repeated until the cloths will no longer drip.

4. The wet cloths should now be laid on a dry fomentation cloth so that they again make a strip eight inches wide.

5. The two edges of the dry cloth should now be folded over, completely enveloping the wet cloth, and the ends of the whole should be folded into the center, making a block about 8 inches by 14 inches and 3 inches thick. This would make a convenient size for fomenting the chest or abdomen. Other parts of the body may require the cloths to be folded other sizes, but as a rule, the fomentation should be much larger in area than the point to be reached by the treatment. A painful spot the size of a dollar might have fomentations the size of this page or larger.

*Applying the Fomentation.*—The

patient should be in bed with the part uncovered which is to be fomented. The folded cloths should now be applied in such a way that only one layer of dry cloth intervenes between the wet cloth and the skin. If the heat from this is found to be intolerable, a dry towel can be placed under the fomentation until it has cooled off a little. When the fomentation has become comfortable, which is usually in about three minutes, another should be applied, the process being repeated at least three times.

When the last fomentation is removed, dip the hand into cold water and pass it briskly over the part fomented, or else wring a towel out of cold water and lay on the part until the heat of the fomentation has been withdrawn from the skin. Finish by thoroughly wiping the part with a dry towel, after which a little vaseline, olive-oil, coconut oil, or konut should be rubbed in.



*No time should elapse between the removal of the last fomentation and the application of the cold.* This rule is important.

#### EXPEDIENTS.

The dry cloth may be left on the patient and only the wet one removed and replaced by another.



The object in giving fomentation is to apply moist heat to the body, and it is not necessary to have everything just as outlined above. The main points are to have the cloths hot enough and large enough to avoid getting the bed or the patient's clothing damp, to follow the hot application immediately by a brief cold application, and to leave the parts perfectly dry. The ingenious nurse will think of many ways to accomplish the desired results. A rubber water bottle partly filled with scalding water and having a moist cloth on the outside makes an excellent fomentation which will not need to be renewed so often. When no water is hot, the cloths can be wrung out of cold water and placed on a sheet of paper on the stove top,

where they will heat in a remarkably short time. The fomentation cloths can also be heated by wrapping around the stovepipe.

If regular fomentation cloths are not at hand, flannel undershirts may be called into requisition, or Turkish towels, or, in fact, any cloth which will hold water, and which is not too stiff, or so large as to be unwieldy. For fomentations over the eye or cheek a piece of cheesecloth is excellent. In fact, the heavy cloths used on other parts of the body are not appropriate here.

When the fomentations are to be given at some distance from the stove, the cloths may be tightly wrapped and carried for quite a distance without losing their heat.

*Healdsburg, Cal.*

## Notes on Current Topics

By B. B. Bolton, M. D.

[Director of the Los Angeles Sanitarium Laboratory.]

THE success with which Dr. Finsen, of Copenhagen, has been treating cases of lupus by exposing the diseased surfaces to the action of the actinic rays of a powerful electric light, concentrated by means of condensing lenses, has attracted wide attention, owing to the fact that these tumors or growths, often called cancers, and greatly disfiguring the patient, have hitherto resisted every means of treatment. The applications of light were made for one hour at each treatment, and during the entire hour each patient required the entire attention of a nurse. The beneficial effects are derived from the actinic rays, the luminous rays having no virtue whatever.

It has been discovered by the engineer of the Finsen Institute that, if

in the arc-lamp used to produce the light, the carbon electrodes are replaced by electrodes of iron, a light much richer in actinic rays is produced. These iron electrodes, however, would be readily melted by the heat generated, and thus rendered useless. This difficulty has now been overcome by making the electrodes hollow and introducing a stream of cold water into each electrode. The water flows to the point of the electrode where it absorbs the heat, and is constantly drawn off and replaced by a continuous current of cold water. With the new lamp five amperes of current produce in three minutes the same effect that was previously obtained by a one-hour treatment using a current of from eighty to one hundred amperes. This



light is so intense that the condensing lenses previously used are not required.

This new lamp not only furnishes an economical and ready means of curing a common and very disfiguring disease, but, from recent experiments made, promises to become of great use in the treatment of other diseases. The light furnished by the lamp will also be of value in certain of the industrial arts, but care is necessary in its use, as it is so powerful as to produce serious effects upon healthy skin; and as there is no pain felt at the time of exposure, serious damage may be done before the danger is realized.

THE School Board of the High School of Sioux City, Iowa, has fitted up a lunch room in which the scholars may obtain, from the woman in charge, quite a variety of hot dishes at a minimum rate. Checks, in lots of ten or twenty-five cents worth, can be had of the cashier, and with these the food is purchased. In this way time is saved at lunch hour, and it is possible to serve ninety boys and girls in ten minutes. Begun recently as an experiment, it is considered a success and will be continued.

A SOCIETY has been formed in Chicago for the promulgation of the idea that the American people sleep too much, and that one can easily form a habit of sleeping but four hours out of the twenty-four. The members of the new society propose that their children shall also conform to the new idea, and assert that they can do so more readily than the parents who for so many years have been in the habit

of sleeping eight hours. Like many other fads, this will probably be very short-lived.

THE olive crop this year is the largest on record, and the price paid the growers is correspondingly low. The consumers of the oil will, however, probably pay the usual price, but the oil being cheaper and more abundant there should be less adulteration.

The *American Journal of Pharmacy* gives the following tests for the purity of olive-oil:—

To one-tenth gram of silver nitrate add ten cubic centimeters of deodorized alcohol and two drops of nitric acid. If fifteen cubic centimeters of oil be shaken thoroughly in a test-tube with five cubic centimeters of the silver nitrate solution, and then the tube be held in hot (nearly boiling) water for five minutes, the oil, if pure, should retain its original color. A reddish or brown color, or a dark color at the line of contact of the two liquids, indicates adulteration, if over five per cent.

AN Ohio firm is flooding the country with what is called "red albumen." This is the same firm which a few years ago placed upon the market a mixture of salt, annatto, and rennet, which was supposed to increase the amount of butter produced from a given amount of cream. A two-ounce box of this mixture cost three cents, and was sold under the name of "black pepsin," for \$2.50.

An analysis of "red albumen" shows it to be ordinary cayenne pepper.



## Character the Child of Education

By Mrs. E. G. White

To obey nature's laws is a duty we owe to ourselves, to our fellow-men, and to God. To preserve the powers unimpaired, one must observe strict temperance in the use of all that is good, as well as total abstinence from everything that is injurious or debasing. Many are considered learned in the sciences who do not understand the laws that govern their own being. Intemperance is seen everywhere, and how few realize the fearful results that are sure to follow. Education on this line is sadly needed; for intemperance is on the increase, in spite of the effort put forth to prevent it. We should gain knowledge in regard to what and how to eat and drink, that we may have both mental and physical health, and thus be fortified against this great evil.

The home is the place where this education must begin. The youth should be taught the great evil of intemperance. A desire should be created in their minds to make the most of their God-given powers. They should be taught that all their habits, tastes, and inclinations are to be in harmony with the laws of life, that the very best physical conditions may be secured, and that they may have mental clearness to discern between the evil and the good. They should be made to understand that right physical habits promote mental superiority, intellectual power, physical strength, and that longevity depends on immutable laws; that there is no happen so, no chance about this matter.

Those who have the youth under their care are in a large degree responsible for the stamp of character and

the training given them, but as the youth go out into the world, on themselves rests the responsibility of carefully heeding the instruction that has been given, if they would fill positions of usefulness. No one can turn from the light and knowledge that he has received, sacrificing principle either to fashion or to taste, without great loss. God will not interfere to preserve man from the consequences of a violation of nature's laws. "Whatsoever a man soweth, that shall he also reap." There is much real truth in the proverb, "Every man is the architect of his own fortune."

Many a person who might have accomplished great and lasting good for his fellow-men has been ruined through intemperate habits. Some do not understand their danger until it is too late, but others refuse to control the appetite, though they know that it means their being utterly unfitted for the solemn realities of life, and that the end is destruction.

It is often in the home that intemperance begins. By the use of rich, unhealthful food the digestive organs are weakened, and a craving is created for food that is still more stimulating. Thus the appetite is educated to crave continually something stronger. The demand for stimulants becomes more frequent and more difficult to resist. The system becomes more or less filled with poisons; and as it becomes more and more debilitated, the greater is the desire for these things, until the will is overcome, and there seems to be no power to check the unnatural craving. One step in the wrong direction prepares the way for another.



Many who would not be guilty of placing on their table wine or liquor of any kind, will load their table with food that creates such a thirst for strong drink that to resist the temptation is almost impossible. A wrong course of eating and drinking destroys the health and paves the way for drunkenness. Gluttony degrades, as well as intoxication by strong drink.

The use of tobacco is closely associated with the use of liquor. It is a slow but terrible poison. Its effects are more difficult to clear from the system than the effects of strong drink. It binds its victim in even stronger bands of slavery than does the intoxicating cup.

The people of to-day are suffering because of the wrong habits of past generations, and yet in many things they do not heed the laws of health

as well as their forefathers heeded them, though they have far less moral and physical strength to combat the tide of intemperance that rises before them. The people must be educated to see the cause of all this evil. Reform must begin in the home life. Instead of the home being the place where intemperance is fostered, it must be the school where the principles of true temperance are thoroughly learned, the place from which influences reach out to keep and save mankind from the ruin of intoxicating liquor.

When all intemperate habits are put away, when the eating and drinking are such as to give health instead of disease, then the appetite for intoxicating liquor will not be found. Then the demand for the accursed stuff will be forever at an end.

## The Purity of Ice

H. W. CLARK, at the meeting of the associated boards of health of Massachusetts, described the purity of ice. It was long a popular notion that water purifies itself in freezing. But the discovery, in recent years, that, while all microbes perish from a moderate degree of heat, there were forms that survived the most intense cold, brought the idea into disrepute. Clark's researches, however, show that the old notion was very nearly correct. He shows that in crystallization ice exerts a force of expulsion, not only upon bodies held in suspension, but also upon a large percentage of those held in solution. Hence, ice is not only likely to be free from bacterial impurities, but the melting of ice formed from water that is hard or

salt produces water that is comparatively soft and fresh.

It is important, however, that we should understand that ice is thus purified only when there remains a considerable proportion of water not frozen. The rejected impurities accumulate in this water. And the deeper and stiller the water, the purer the ice. When the entire body of water is frozen, the impurities are naturally included. If ice is flooded with impure water to make it thicker, it naturally, likewise, becomes impure, and may be correspondingly dangerous to health. But there appears to be comparatively little danger from the pollution of an ice supply, and instances of disease from such sources are rare.—*Philadelphia Medical Journal*.



# Modern Methods of Disinfection

By L. R. Regnier, in *Le Progres Medical*

[Translated by B. B. Bolton, M. D.]

THE use of disinfectants occupies, to-day, a place of the greatest importance, not only in surgery and in medicine, but also in public hygiene. It is to this that we owe the greater part of the gratifying success which has been attained in the struggle against epidemics; and, as Lucas-Championnière has recently so clearly stated before the Congress of Surgery, it is the use of antiseptics which, with cleanliness, has made possible the brilliant surgical successes of the last thirty years. Antiseptics are used, not only in the operating room, but by the physician and the midwife in the defense of their patients against infection and contagion.

There are a large number of substances which have disinfecting properties, but the number which possess this property in a sufficiently marked degree and can be conveniently employed is quite limited.

In public hygiene the old method of disinfection by means of chlorid of lime, which was only possible under certain conditions, has been largely abandoned. Mechanical cleansing by means of bread crumbs and copious washings with solutions of carbolic acid or of corrosive sublimate, and disinfection by means of the vapors of sulphuric acid set free by the combustion of sulphur, have had their day.

Sterilization by heat, either in dry ovens or by means of steam under pressure, and the use of atomized solutions of sublimate and other antiseptics, are still very much in favor. This system of atomization or nebulization is far, however, from being all

that is required of the ideal disinfectant from the standpoint of public hygiene, because it exposes the persons of the disinfectors to its toxic effects, and also because its efficacy is not sufficient to afford more than relative security. It is in fact impossible to effect atomization or nebulization so fine and so well diffused as to destroy with absolute certainty the pathogenic or disease-producing germs and their spores. However careful the disinfection may be, the operator can not reach all the nooks and corners in which they are hidden, and there will always remain these infected spots from which disease may spread.

Quite naturally, then, the preference of the hygienist is for the gaseous disinfectant, because if liberated in the place to be disinfected these agents so diffuse themselves as to reach every surface, thus making it unnecessary to depend on the uncertain and imperfect intervention of the hand of man. It is true that this method is not so rapid as some others, but when we consider the results, we shall see that we are more than repaid for the trouble occasioned in this way.

The fumes of sulphuric acid are likely to injure certain classes of articles, and chlorin, iodine and bromine, besides being open to the same objection, are too heavy to diffuse properly.

The latest of sanitary antiseptics, formalin, is not open to these objections, and has a wide range of usefulness as a destroyer of disease-producing germs. This has been proved by



numerous experiments. In 1899, in collaboration with M. Bruhat, we made at the Hospital de la Charité a series of experiments in which we obtained results absolutely satisfactory. The microbes on which these experiments were made were the Eberth or typhoid bacillus, the colon bacillus the germ of yellow pus, the Loeffler or diphtheria germ, molds, bacteria of putrefaction, and whatever fungii gave the greatest resistance to known antiseptics.

These different micro-organisms were submitted to the vapors of formol, generated by the formolateurs of the Société Hélios, during fourteen hours, save the bacillus of Loeffler, which was exposed but seven hours. All were completely destroyed, while on plaques similarly infected and not thus disinfected, growths of these germs appeared.

In Breslau, for measles and scarlet fever, disinfection, as in France, is not obligatory, but it is often demanded by private individuals, and always accomplished by means of formalin. The disinfections which have been made in such cases since 1898 have shown that there has not been a single recurrence of these diseases following the disinfection of a habitation. With a total of 257 disinfections with formalin, by the Breslau office of disinfection, against diphtheria there occurred but two new cases in the same habitation, one fifteen days and the other thirty days after the disinfection, but it is quite possible that in these cases certain articles have been taken away by the occupants during the disinfection and returned afterward, or that virulent germs have during the disinfection lurked in the throat of the patient, or

that the contagion had been brought from without. That there were but two cases of this kind against 255 successful disinfections proves that the antiseptic agent employed destroyed the infectious pathogenic germs sufficiently well to make its use a secure means of disinfection.

The advantage of the automatic action of formalin, of its energetic power of penetration, are not to be underestimated.

We were able, in our experiments with Bruhat, to destroy disease germs shut up in a book of about 300 pages. This makes baking or steaming unnecessary for bedding, draperies, and clothing, and thus avoids drying out or shrinking the tissues of woolen goods and also the necessity of their being carried to the place of disinfection. A seven-hour treatment suffices, according to our experience, to obtain the necessary results. The gas is so powerful that it will penetrate automatically all the objects contained in a room, and the walls as well.

To deodorize a room which is strongly impregnated with the odor of formol it is only necessary to leave the windows and doors open for several hours, or if there is not time for this, to evaporate ammonia within the room, thus forming an absolutely inodorous compound. Formalin may be utilized as a deodorant in the sick chamber, the physician's office, smoking rooms, closets, cabs, cars, cellars, etc. Formalin is an excellent insecticide, and may be used to destroy fleas, bugs, and mosquitoes whose role in the transmission of various maladies, and notably of tuberculosis and malaria, is becoming so well known that it has become desirable to suppress them wherever found.



# WOMAN'S REALM

Conducted by Mrs. M. C. Wilcox

## Love Not Lost

IN the long run, all love is paid by love,  
Though undervalued by the hosts of earth;  
The great eternal government above  
Keeps strict account and will redeem its worth.  
Give thy love freely; do not count the cost;  
So beautiful a thing was never lost,  
In the long run.

—Ella Wheeler Wilcox.

IN this issue we begin a series of articles from the pen of Mrs. A. C. Bainbridge, of San Francisco, on "Orderly Housekeeping," which promise to be of much interest, and bring new life and beauty into this common, every-day work, which is so often looked upon as drudgery.

To be in harmony with heaven in the simple, homely duties of life, adds

an inspiration and joy to life we can not afford to miss.

To appreciate the science and art of domestic labor is to be awake to one of the most practical themes of the day.

To be thorough, faithful, intelligent, and adept in these matters are qualifications belonging preeminently to Christian women, and are a part of the gospel of Jesus Christ.

## Does It Pay?

By Mrs. M. C. Wilcox

ONE beautiful day not long ago, I seated myself in the park to rest, and gave to my little ruddy-faced four-year-old boy, who was with me, the privilege of running and playing about on the carpet of green surrounding us, which is no small pleasure to children who are shut in by brick buildings and stone walks in our densely populated cities.

My little boy was jumping and running with the vivaciousness belonging to healthy children of that age, when a lady came and seated herself beside me. "Oh," she said, "what a pleasure it is to gaze upon that child! His rosy cheeks just do one good. It is coming to be such a rare thing to see a child with any other than a pale face in this park. I have never been blessed," she continued, "with any children of my own, and I have

queried many times anyway whether it paid or not to raise children."

I was glad I could assure her from my own experience that it *did* pay. Dutiful, loving, obedient children, with the amount of strength that the Creator intended they should have, and which a wise and intelligent mother will see that they possess, will always pay.

But these things will never follow in the wake of too much in-door life, a diet of meat and white baker's bread, cake, pie, and rich sauces, with plenty of candy.

Late hours, also, is another great evil. Children of this age are highly nervous in temperament, and, while they need more sleep because of this, it is difficult to get them to take it. They are often widest awake at night,



and indulgent parents allow them to sit up until they can retire with them. This is painfully cruel, although not so intended.

Plenty of sleep, plenty of fresh air, plenty of whole-wheat bread and milk,

plenty of fruit, oatmeal and cornmeal, three meals a day with no lunches between meals, and a godly mother who insists on obedience—these are a few of the more essential requisites for making children pay.

## Orderly Housekeeping. No. 1

By Mrs. A. C. Bainbridge

THE first housekeeping we ever heard of was in the Eden home, and that was a garden. How often we wish there had never been any other kind! That home was made by God and given to His son Adam for a dwelling-place for himself and his family. He received from God his first housekeeping directions, and when his "helpmeet for him," his wife, Eve, was brought to him, they shared together the joyous tasks of their home life.

After sin darkened our garden, their blessed work was somewhat divided, though not so completely as to hinder man, the tiller of the ground, from sharing the wife's burdens; or woman, the mother of all living, from sharing her husband's broader life in the open field.

We can fancy how neat and orderly was that home, and with such a teacher what good housekeepers our first parents must have been. While our home life is in another age, and under far different circumstances, we need not be out of harmony with the Infinite Mind that brought that home out of chaos.

To be good housekeepers is to be masters in science and art, and as we have the same teacher, and a record of His work, we can study the plan and then apply the principles in detail.

When God was preparing this home, we read, "And the Spirit of God moved upon the face of the waters."

We have been told that this moving was in a sense "hovering," or "brooding," as a setting hen broods over her eggs or her young; and any one who has ever watched this loving exhibition can rejoice that the first view we get of God in His Word is in the guise of a mother.

So we may lay down, as our first principle in housekeeping, a loving care for the comfort of the inmates of the home.

Some one has said, "Order is heaven's first law," so we may call this the first principle of that law.

In God's home-making we see the beautiful arrangement of all things in their order. A place for everything and everything in its place is fully taught—a proper preparation for each event as it comes to its time for presentation—the air before the birds, the water before the fishes, the earth, soil, before the vegetation, etc. So we can follow, and in such small items as preparing our meals, our rooms, our laundry, we may follow this part of the divine plan.

Then we may notice the completeness of each part of the work, and apply it to our home. He made all the birds, and finished them; so with the firmament, the heavenly bodies, etc. So when we are washing dishes, let us wash them all, and as we do so, we may joyfully accept our place in the harmony He created.

Some count it a burden to make the



morning fire; let us see in the light of these principles if it is not rather a place for rejoicing; then we can be partners with God in supplying a substitute for weakened humanity. It is certainly a comfort to the dear ones in the home, and first in the order of the day, and if everything is in its place it can be quickly accomplished. Many do not have gas stoves, and wood or coal are used. Some dear one in tune with God's law of preparation has filled the coal hod and the kindling box, and laid a good supply of waste paper close by. We will empty the grate of ashes and cinders and lay our fire carefully, open the damper, close the stove top, and strike the match. The beautiful harmony coming down to us from the second day of creation's week answers to the match, and sings its way up the chimney, while, in perfect time and tune,

kindling and coal are giving out their heat. Did you drop any ashes or coals on or around the stove? Your broom and dustpan will remove them, and perhaps by that time you can close the damper and let the oven warm up. You have already filled the teakettle and a sauce-pan with clean water, and now you want to get the fresh air into your kitchen, not only because your hungry fire is drawing so hard, but you need it for your own life and the lives of the other dear ones who will soon be about you; for the kitchen is a very sociable place, particularly if the morning is cold. Maybe you have other duties calling you away out-of-doors, but to many a busy father and mother this is the best time to talk to God alone, and let Him talk to them through His Word.

Now the kettle is boiling, and the work of breakfast begins.

## Rachael Leigh's Reasons for Health Reform

By Edith O. King

RACHAEL LEIGH possessed remarkable independence of spirit and strength of character from our earliest acquaintance. She was noted from childhood for her unconventional ideas and her readiness to adopt a plan, regardless of popular opinion or established tradition, if it appealed to her judgment as a better way. Her mother always said, "Rachael is a born reformer."

After an absence of two years at school she returned to her "native heath" with what her brother Carl termed "mighty crazy notions in her head." In fact, the subject was not only agitated in her own family, but

the whole village was a gossip over Rachael's new ideas.

She once boasted a very slender waist for so plump a figure, but now she might easily have claimed relationship with Venus de Milo for likeness in regard to waist measurement. She had discarded her corset, wore her dresses "that short-waisted that she looked like a Dutch farmer's wife," so declared one of her neighbors, wore common-sense shoes with low rubber heels, and all her dress skirts were two inches from the sidewalk. She took a cold bath every morning, lived on fruits, nuts, and grains, positively ate no meat, milk, or butter, used no tea



or coffee, not even cocoa, drinking only water that had been boiled or distilled. She slept with open windows the coldest nights, removed not only her feather bed but the feather pillows as well, ruled all of the upholstered furniture out of the house, and had all the carpets taken up. Such proceedings were heretofore unheard of in ———.

I have told you all this so you can better appreciate my interest when she sent a note inviting me to come over to spend the evening with her, saying she wished to tell me the "reason of the hope within" her in regard to health reform.

It was with a thrill of expectancy that I seated myself in a willow rocker before the glowing grate, preparatory for the disclosure.

I shall never forget the pleasing picture that she made as she drew her chair beside mine. She had such a hearty, healthful air that it rest d one's eyes just to look at her pink cheeks and white teeth when she smiled, and soft, dark hair, shiny as satin.

She handed me a little Bible, saying: "You are a Christian, so I know you can doubly appreciate the reasons for my reformation, and I shall let you read them without any comments from me, except this, that you will find that the reasons from both the physical and spiritual standpoint are contained in these texts. They are all found in 1 Corinthians."

1 Cor. 3:16, 17: "Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are,"

1 Cor. 6:19, 20: "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."

1 Cor. 10:31: "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."

1 Cor. 9:23-27: "This do I for the gospel's sake, that I might be partaker thereof with you. Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain. And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air; but I keep my body under, and bring it into subjection."

When I had finished reading the references, she said: "You can see why I consider it my duty to lay aside many things which I have formerly used. I am not doing this for the purpose of being peculiar and unlike others. It is now well understood that all these articles which I have discarded are unwholesome. Anything which impairs the health, 'defiles the temple.' 'Whatsoever a man soweth, that shall he also reap.' The reform I have undertaken is neither a fad nor a momentary fancy. It is my settled purpose to sow for and to cultivate health—to leave the unnatural and get back to nature's plan of living. My object is to have a 'sound mind in a sound body,' and thereby be able to better serve humanity and glorify my Creator and Redeemer."



# EDITORIAL

## Nervous Exhaustion and Hysteria

THE writer has been asked to give a remedy for nervous exhaustion and hysteria. At first thought this might appear to be an impossibility, but the fact is, the cure of these disturbances lies within the individual. Hysteria is merely a misdirection of nervous energy, as a result of imperfect self-control, and nervous exhaustion results from excessive or wrong use of the nervous force, which is also caused by imperfect self-control.

No one who takes life philosophically, keeping his expenditure of vital force within his income, is likely to become subject to nervous exhaustion.

There are comparatively few who do not understand the importance of devoting ample time to meals, recreation, and sleep. But many, instead of allowing judgment to govern their actions, permit themselves to be dominated by the ambition to accomplish a certain amount of work within a given time.

They are pushers, and sometimes meet with a good degree of success, but often at the expense of health. Always on a tension, always going at high pressure, the nervous system sooner or later gives way under the strain and leaves them physical bankrupts.

Others, perhaps, not attempting to

do too much, find in their daily duties a continuous round of petty annoyances. These cause a spirit of fretfulness or worry, which grows until it becomes a habit, a tyrant changing the course of life from joy and buoyancy to care and anxiety.

The sovereign remedy for this evil is found in Paul's instruction to the Philippian Christians, "*Be careful for nothing, but in everything, by prayer and supplication with thanksgiving, let your requests be made known unto God.*" Then follows the promise, "And the peace of God which passeth all understanding shall keep your minds and hearts through Christ Jesus."

This is the Christian's secret of a happy life. Don't worry. No true Christian worries, for to worry is not to heed the injunction to cast "all your care upon Him; for He careth for you."

He who never worries, who does each day only as much as his strength will warrant, who never wastes any energy in ministering to a perverted appetite, or in fleshly indulgences, who is hopeful and courageous, need never know from experience what nervous exhaustion means, even though his nervous inheritance be poor.

## Boiled Water

WE can not entirely agree with a statement recently published regarding boiled water.

It is true boiling does not render water perfectly pure, does not destroy

all germ life, unless continued for hours, and does not remove the poisonous germ products; but it does destroy the most dangerous germs commonly found in water. Boiling



is far preferable to filtering, as filters are usually kept, and the writer would rather have plain boiled water than that which had been boiled and passed through the ordinary filthy filter; for unless filters are cleansed frequently, they become breeding-places for large quantities of germs, and make the water worse instead of

better. Water which can not be made fit to drink by boiling should be discarded altogether.

Surgeons frequently use boiled water for washing out wounds, and sterilize their instruments by boiling them. If boiling does not destroy the dangerous germs, the surgeons are certainly relying on a broken reed.

## How Is the Water Supply?

ARE you using water from a lake, or from a running stream, or from a dug well? If so, are you certain it is pure? "Oh, yes!" one says. "Our water is clear, cool, and sparkling; and I like it better than any water around here." It may be all that and still be contaminated. It may contain the most deadly germs, and yet, so far as appearance goes, rival the purest water on earth.

Are there barn-yards, or vaults, or cesspools in your neighborhood? If so, your well is not absolutely safe. If you are using water from a running stream or a lake it is very likely subject to all kinds of pollution. In any body of water of this kind the microscope will reveal animal life. This of itself may not be dangerous, but it indicates the presence of organic matter and more or less germ growth. If using water at all suspicious, it is well to ascertain its purity by chemical test. One of the simplest tests may be made in the following manner. In a clean tumbler place some of the water to be tested and half a teaspoonful of white sugar. Cover the glass to keep out dust, and stand it in a warm place, not in

direct sunlight. If in the course of two or three days the water becomes cloudy, it is unfit for use.

Another test is to add to a half tumbler of water, a drop or two of potassium permanganate solution. If the color fades or turns brown within twenty-four hours, organic matter is present. The quantity is roughly indicated by the rapidity of the change. The more rapidly the color is discharged the more the likelihood of dangerous contamination.

The permanganate solution should contain twelve grains of caustic potash and three grains of permanganate of potash to one ounce of pure water, and should be kept in a clean, glass-stoppered vial. While these tests may not be quite so reliable as some of the more elaborate tests, they are sufficiently trustworthy to warrant the discontinuance of any water which gives the above-described reactions. Such water, if used at all, should be distilled or boiled, or boiled and filtered. If a filter is used, it should be so constructed as to permit the baking of the filtering material at least once a week.



## The Value of Sanitarium Treatment

A LATE number of the *Albany Medical Records* contains some statements by W. F. Robinson, M. D., which are worth studying, especially by those who are troubled with chronic difficulties. Speaking of this class of maladies, the writer says truthfully that at home they are treated under most unfavorable conditions, one of which is that the cause or causes which brought on the disease are still acting, and are almost certain to counteract any efforts made to cure the difficulty.

This ought to be seen at a glance. For instance, a woman run down in health by many household duties, would still have these pressing upon her to offset any home treatment which could be devised. Besides, she can not possibly have so much care from a busy physician who has only time to make short daily calls, as from one who has the means at hand to watch every symptom of her case.

Then there are certain conditions in patients which require special treatment, the facilities for which can not be provided in an ordinary private home. If a patient is nervous, and requires rest, a trained nurse may be able to supply the need at a sanitarium, which the surroundings of a home would not admit. Again, if one has feeble muscles and sluggish circulation, he may be encouraged to take just the right kind and the proper amount of exercise by which to build up the system and establish natural sleep and normal habits of thought, and so do away with the false idea of relying on drugs for desired results.

Many who have suffered for years under home treatment, without apparent improvement, have so quickly

been put on the road to recovery by sanitarium treatment as to be greatly surprised at the pace they have acquired. It seems a great pity for one to forego the benefits of sanitarium treatment when it offers so many and great advantages over home treatment, especially when one by remaining at home sees no prospect but constant suffering.

c.



EXPERIMENTS were made by Dr. Laitinen upon over three hundred forty animals to determine whether the susceptibility to infectious diseases is increased by the use of alcoholic liquors. Of these experiments Dr. N. S. Davis says, in the *Bulletin of the American Medical Temperance Association*:—

“The chief infections used were cultivations of the tubercle, anthrax, and diphtheria bacilli. The alcohol used was a twenty-five per cent solution of ethyl alcohol in water. In some experiments single large doses were used to produce acute alcoholic effects, and in others, small doses were administered daily for several months. The general result, however, was the same in all. Dr. Laitinen found that in every experiment the administration of alcohol in any form was to render the animal distinctly more susceptible to the infection than was the control animal having no alcohol.”



THE *Medical Age* calls attention to the fact that the Johns Hopkins Hospital, which has a record for a larger number of cures, in cases of typhoid fever, than any other hospital in the country, uses no drugs in the treatment of this disease.



# DIETETICS

## The Cook's Opportunities

By Evelene Helman

WITH the rapid increase of disease upon every hand, and the surprisingly great proportion of difficulties which may be traced to errors in diet, the selection and preparation of foods for the table becomes a matter of special importance. Poor cookery is in a large measure responsible for the large and ever-increasing list of stomach and intestinal maladies.

"As a man eateth, so is he." Since the body is composed of and sustained by the food eaten, it lies within the power of each individual to make of himself what he chooses. The body can not manufacture pure blood from second, third, or fifth-rate food; and from impoverished blood can result nothing more than poor nerves, muscles, etc., and brains incapable of high thought; and as thought is the mainspring of words and actions, we can readily see how far-reaching is the influence of diet upon our lives.

Studied as a science, it enables one to select good food material, and that which is best adapted to the needs of the body under varying conditions, such as climatic changes, age, occupation, etc. Studied as an art, it enables one to use the articles selected in such a manner as to make them healthful and appetizing.

With the many and various new food preparations cast upon the market to-day, all so loudly advertized, the problem of marketing is more perplexing than in former days. But

the intelligent, progressive cook or housekeeper, who knows something of the simple chemistry of foods and their nutritive values, will not be handicapped, but will know how to investigate and make a wise selection.

Cookery, when scientifically done, renders food material more digestible, thus increasing its alimentary value. But by the method of mixing ingredients and spicing to cover mistakes, or with the vain attempt of giving the flavor, which can only be developed by proper cooking, good food material is frequently changed into unwholesome dishes, thus imposing a greater task upon the digestive organs, and supplying little nutriment.

There is always something new to learn in this domestic science. Indeed, the field for investigation, instead of becoming more nearly exhausted, seems to be rapidly enlarging, and continues to grow more and more interesting.

Those who have chosen cooking as a profession have made no small choice, and for the earnest, conscientious, and progressive, the field of usefulness is almost without limit. The physical welfare of those served lies as it were in the hands of the cook, and there is more to be taken into consideration than to simply "provide something to eat" and "have meals ready on time." To be able to select and prepare food properly is no small accomplishment and requires brain as well as muscular energy.



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