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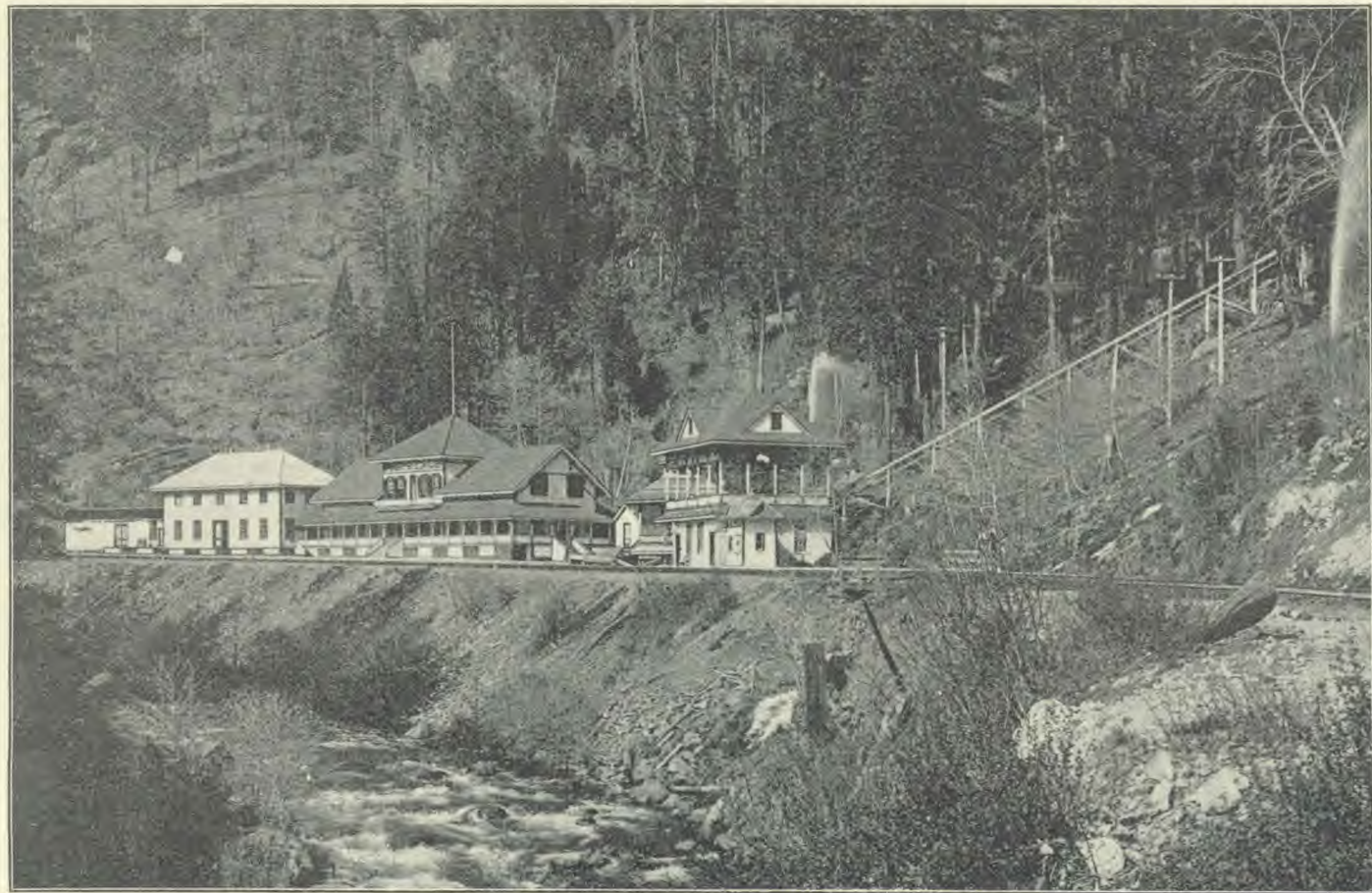


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PACIFIC HEALTH JOURNAL

A SOUND MIND IN A SOUND BODY

VOL. XVII.

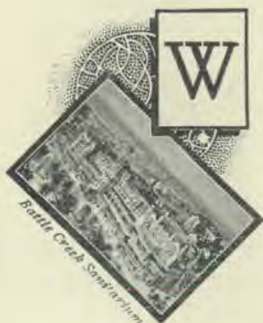
OAKLAND, CAL., JULY, 1902.

No. 7.

What is Disease?*

By J. H. Kellogg, M. D.

[Physician in Chief of Battle Creek Sanitarium.]



WHAT is disease? Would we be satisfied to stand on the proposition that it is the absence of ease? When a person is hungry, or tired, or sleepy, he is uncomfortable, but we can hardly say that he is sick; so the word "disease" does not simply mean *dis ease*.

There is a popular notion of disease, and a technical notion. We must separate between the two, for the popular idea is hardly correct. We talk of cancer as a disease, but it is not a disease, it is a growth. Headache is not a disease, it is a discomfort, and in that respect is a *dis ease*, but not a disease from the technical or scientific or philosophical standpoint; it is a symptom of disease.

Now what shall we say disease is, from the technical standpoint? We can not say that disease is any departure from the normal state, for a person may be too warm, and not yet sick; too cold, and not sick. A man takes exercise and raises his temperature, but he is not in a diseased condition, because if he rests, his temper-

ature will soon return to normal. We can not call these conditions disease. I think we may say that disease is not health. *We can not ascertain what disease is until we know what health is.* Health is that condition in which such a degree of equilibrium of all the bodily functions is maintained as is consistent with comfort, well-being, the highest degree of vigor, and length of life.

I do not say we must have the body maintain an equilibrium; we are sometimes weary, sometimes refreshed, sometimes sleepy, and sometimes wide awake. These continual alternations are an essential of our lives, but when these changes of equilibrium, these disturbances, become excessive—so great as to interfere with comfort, with well-being, with efficiency or activity, with length of life—then we are in a state of disease. That is about the best definition we can have of disease, but this leaves out entirely the idea that disease is an entity.

The ancient nations believed in disease as a possession, something that had got into a man, taken possession of him, and had to be cast out before the man could be healed. Sometimes the man was beaten with sticks, sometimes whipped, and sometimes maltreated in very evil ways. The

* Thoughts taken from some of the doctor's talks.

Llamas still teach these notions of disease. The Llamán physician goes out into the woods and gathers his little pouch full of herbs and dries them in the sun, and when he is called to see a patient, he looks in his bag to find the right herb; if he can not find it, he writes the name on a paper and rolls it into a pill, and the patient swallows it. The name is supposed to be as good as the thing itself. It is supposed to notify the devil that if he does not get out, the drugs will follow. Probably it is just as good as the drug itself.

This same idea is prevalent, not only in Tartary, but in many of the civilized portions of the world. Probably many people who take patent medicines are cured by the name on the bottle, and not by the contents of the bottle. Many of these things are simply mind cures. One of these medicines has cured all sorts of people of their troubles, simply by the name, for I had it analyzed and found it to contain nothing but water, but the proprietors have amassed a fortune from it. These impositions upon the public would be utterly impossible were it not for the false conception of disease.

It is said that \$200,000,000 have been spent for medicine in the United States during one year,—six times as much as was spent for foreign missions, and for churches, more than twice the amount spent for education, and it all grows out of a false notion of disease. A part of our mission to the world is to teach correct philosophy about disease. Certainly if anything is important to man it is to get correct ideas about his soul, but the next most important thing is to have correct ideas about his body. A de-

praved moral state is a wrong condition in relation to the soul, but disease is a wrong condition in relation to the body. Sin and disease are alike, they run along together, and it is of the highest importance that every one should have correct ideas regarding them.

Disease is not an affliction of Providence; it is not an entity within the body which we must seek to destroy and cast out, but it is simply an effort on the part of the body to right some wrong condition. The only difference between health and disease is this: in disease the body is working under bad conditions, while in health the body is working under good conditions. If a boy puts green apples into his stomach and vomits, this is simply nature's effort to get rid of the green apples. If a man has germs in his alimentary canal, nature, in trying to cast them out, takes his strength away and lays him quietly down in bed so as to have a fair chance to wrestle with the germs. It is just so in every case; disease is an effort of nature to get rid of something wrong in the system.

There is a constant battle between the tissues of the body and the parasites and the abnormal growths, and suffering and disease are a result of that battle. So, in disease, we have a manifestation of divine providence at work within us to save us from the evil consequences of our own wrong doing, for it is almost universally true that, as the wise Seneca, away back in Roman times, said, "Man does not die; he kills himself." I do not believe in charging the devil with disease. The Bible says, "Evil shall slay the wicked;" "Whatsoever a man soweth, that shall he also reap;"

so if a man is sick it is because he has been sowing for sickness. If he sows for dyspepsia, he will reap dyspepsia; or if he sows for a weak heart or arterio-sclerosis, he will reap the same, just as surely as, if he should sow for wheat, he would reap wheat.

In Holy Writ we read, "The fathers have eaten sour grapes, and the children's teeth are set on edge," so if we can not account for our diseases by our own indiscretions, we can usually do so in accordance with the laws of heredity, and trace our sufferings back to the lives of our parents or ancestors. Oliver Wendell Holmes once remarked that "everything can be done for man that needs to be done, if only the doctor and the preacher can be found,

but it will often be found that the doctor and the preacher should have been called two or three generations back." That is, doubtless, frequently the case. But, nevertheless, we are sick because somebody has sinned. There are plenty of reasons for the diseases that afflict humanity—cigars, tea and coffee, Thanksgiving dinners, late suppers, ice-cream and cake at midnight, late hours, loss of sleep, sedentary confinement, neglect of exercise, and other physical sins that have entered into our daily lives, because of which we are reaping the legitimate harvest of disease. When we stop sowing for disease and begin sowing for health, disease very soon begins to shrivel away.

Eruption of Teeth and Importance of Retaining Temporary Set the Allotted Time

By S. A. Smith

THE temporary or first teeth are twenty in number, and erupt as follows:

1. The two lower central incisors (front teeth) from fourth to seventh month.
2. The two upper central incisors (front teeth) from sixth to ninth month.
3. The two lower lateral incisors (front teeth, next to centrals) sixth to ninth month.
4. The two upper lateral incisors (front teeth, next to centrals) eighth to eleventh month.
5. The two lower first molars (grinders) eleventh to fifteenth month.
6. The two upper first molars (grinders) thirteenth to seventeenth month.
7. The two lower cuspids (stomach teeth) fourteenth to nineteenth month.

8. The two upper cuspids (eye teeth) fifteenth to twenty-first month.

9. The two lower second molars, nineteenth to thirty-fifth month.

10. The two upper second molars, twenty-first to thirty-seventh month.

The permanent or second teeth are thirty-two in number and make their appearance as follows:—

1. The first four molars (first teeth just back of the temporary molars) from fifth to sixth year.
2. The four central incisors (two below and two above) from sixth to eighth year.
3. The four lateral incisors from seventh to eighth year.
4. The four first bicuspid (small double teeth which replace the temporary first molars) eighth to tenth year.

5. The four second bicuspid (small double teeth, replacing temporary second molars) tenth to eleventh year.

6. The four cuspids, or canine teeth (eye and stomach teeth) eleventh to twelfth year.

7. The four second molars, twelfth to fourteenth year.

8. The four third molars (wisdom teeth) seventeenth to thirty-fifth year.

The lower teeth precede those of the upper jaw by a few months.

The six-year or first molars of the permanent set, as you will observe, are the first permanent teeth to erupt, and they generally come into pretty bad company, as the temporary molars are neglected and allowed to continue in their decayed condition, thereby causing decay to encroach on the surrounding teeth. It is especially important to retain these first teeth, as they are what is termed the "keystone of the arch" and their loss, as a rule, throws every other tooth in the arch out of position. It is therefore necessary to give them close attention, and if needs be fill and refill them, as they are apt to be less dense than the other teeth, and by the proper attention it will be noticed that they will improve in structure as the child advances in age. These molars are of particular value, because they are intended to be in place, for use, while the temporary teeth are being lost. The child's health depends upon perfect mastication of its food just as much as that of the adult; and if the mouth is allowed to remain in an unclean condition, with micro-organisms present and continually multiplying, and the food improperly masticated, thus bringing more work and strain on the stomach each time the little one swallows, can we wonder at the

child's ill health? Certainly the stomach and other organs will object.

Every tooth should be kept sound and good until the proper time for the removal. It will then be replaced by a permanent tooth, which ought, with ordinary care, to last a lifetime. But how young did you say the child should be when care is taken of its teeth? Before it is able to do so for itself it is the duty of the mother to see that the little one's teeth are cleansed regularly and well at least twice a day.

The mouth that is kept clean with some preparation that has antiseptic (*i. e.*, germ-destroying) qualities will never endanger the health.

What we call caries, or decay of the teeth, is simply the result of the life, growth, and multiplication of germs. No preparation will restore a tooth that has commenced to decay. Such a tooth is a case for a dentist's attention, and the earlier it is taken in charge the less the pain, the smaller the cost, and the greater the possibility of saving the tooth.

The tooth consists of three parts,—the extra hard enamel on the outside of the crown, the interior filling of bone or dentine, and the nerve or pulp.

Decay advances slower through the thin coating of enamel than it does through the remainder of the tooth. It is first seen in small spots, and when once the enamel is penetrated, the destruction proceeds much more rapidly.

Another reason for taking care of the teeth from the time of their first appearance is, the loss of a tooth may change the shape of the face. Every time a tooth is removed at the early growing age before the proper time, the jaw contracts and the teeth shift from their original positions, crowding

forward, causing great irregularity in the second or permanent set.

This is an age when more abnormalities are present, and lack of proper development of tooth structure renders

it more necessary to use every precaution to assist nature in the retention of her parts; however, nothing can be of more importance in this respect than *good care of the teeth*.

Our Duty to Cooperate with the Health Giver. No. 1

By W. S. Sadler

God is the healer; man is the co-operator. All healing proceeds from the great source of life, but the man who seeks this healing must sow for it by earnest cooperation and willing obedience. The wrong-doer is often constrained to do right simply because of the fear of sustaining eternal loss, or of incurring divine disfavor. Likewise, the physical transgressor is sometimes willing to be obedient to natural law, at least to a certain extent, as he has learned by sad and painful experience that if he does not yield obedience, he must surely suffer the stern consequences of transgression. But this is an entirely wrong motive for obedience; and such obedience will not place an individual, in his heart and spirit, in harmony with God. Such obedience proceeds from selfishness, and therefore God can not consistently reward it with the fulness of His blessing and healing. Such persons only yield tardy obedience when they are driven from the path of disobedience by the painful results of their transgression. To be able fully and acceptably to cooperate with God, there must first be "a willing mind" (2 Cor. 8:12), and then it will be possible for God to restore the sufferer as rapidly as is consistent with his permanent good and God's eternal glory.

"Without faith it is impossible to please Him." Heb. 11:6. Faith in the Health-giver is indispensable to the enjoyment of a full degree of spiritual and physical wholeness. God is well pleased with those who obey His laws, who are in harmony with His great plan for the physical and moral redemption of the human race. Obedience is the one thing well-pleasing to God; but it is impossible for us to obey the laws of the Infinite unless we have genuine faith in the Law-giver. Physical righteousness can no more be secured by works than can moral righteousness. Physical "right-being" and "right-doing" must be in-worked by greater power than the weak resolves of erring man. The price of perfect health is harmony with, obedience to, and faith in Him who is the Health-giver. The weak works of human endeavor are not sufficient to gain the gift of perfect health for soul and body.

God must be recognized as the source of life, as the upholder of every faculty of mind, soul, and body. "Thou wilt keep him in perfect peace, whose mind is stayed on Thee; because he trusteth in Thee." Isa. 26:3. To those who ever look to God as the source of their health, the divine promise is that they shall be kept in perfect peace. Let the mind

ever be kept upon God as our Life-giver. In all nature, let our faith grasp Him as the source of life; and thus we may live a life in harmony with our Maker, "in league with the stones of the field; and the beasts of the field shall be at peace with thee." Job 5:23.

"But without faith it is impossible to please Him; for he that cometh to God must believe that He is, and that He is a rewarder of them that diligently seek Him." The soul that

comes to God for health and healing must believe that He is—that He *is* health and healing. It is not enough that we shall pray as a mere form, or seek to have others pray for us. Our faith must become personal and real. Our God must become the all in all to us. He must be recognized as He *is*,—our life, and health, and healing; and it is in the province of faith so to recognize Him, to claim Him as such, and to rest in the assurance that it is so.

Mental Influence upon the Body

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



Spokane Sanitarium

SOME time ago the writer dropped into a Helping Hand Mission in one of the western cities to make a few personal observations relative to the nature of the food supplied, sanitary conditions, etc. Penny dishes were served in the dining-room, and distributed around at the tables were men from all classes and stations of life.

At the same table where we chose a seat was a well-dressed, cultured gentleman, whom we proceeded to engage in conversation. Inquiry elicited the information that he took his meals here regularly, in preference to the fashionable hotels and restaurants where the service was more elaborate and the menu included everything from a soda cracker to a stuffed porker.

With some modesty our friend volunteered the information that he was a government meat inspector for that city, it being his special duty to pass judgment upon all animals slaughtered during the process of evisceration.

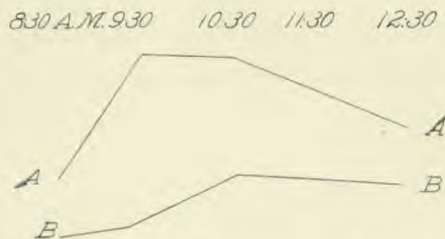
Said he: "The number of animals rejected is not overly large, first, because of the immense amount of work piled upon the inspectors, precluding the possibility of his giving each carcass a careful examination, even with his natural vision; secondly, because there are so many animals in which, though presenting strong indications of disease, the evidence seems hardly conclusive enough when it is considered that some one must suffer the loss of the condemned animal."

Although this gentleman was receiving what would be considered a good salary, he preferred to dine at this mission, established more especially for unemployed men, where meat was not served in any form, often

having to wait upon himself, rather than take chances at the down-town restaurant in getting some of the suspicious carcasses he had passed over in his official capacity.

Soon another visitor to this hostlery seated himself near us and proceeded to scan the menu upon the blackboard with anxious eye. After running over the list from top to bottom, a look of disappointment crept across his face, when he brusquely requested the waiter to set him out something to eat. This request was at once complied with, consisting of whole-wheat bread, butter, caramel cereal with cream, a good-sized dish of brown beans, baked potatoes, and fruit sauce. A few remarks relative to the weather, etc., opened up our friend for conversation, when we ventured to ask his opinion upon the spread before him. "This is good enough for a man who isn't working," said he, "but one would soon give out if attempting to work upon such a diet. In order for a man to stand up to hard work he must have meat once or twice a day, with a good strong cup of coffee."

This opinion largely prevails, and that too even among the medical profession, who, perhaps, have never taken the time to give this subject more than a passing thought. At the last meeting of the American Medical Association, held at St. Paul, Minn., Dr. Haig, of London, England, author and teacher, presented a paper showing the fallacy of that view, illustrated by the following outline:—



In the above diagram milk is taken to represent the animal foods, such as flesh, eggs, etc., as shown by the line aa. The hourly test of strength is estimated by the excretion of urea, and, as Dr. Haig says, "Strength and power rise with rising urea." At 8:30 A. M. a half pint of milk was taken, no food nor drink having been taken since the previous night. The increase of strength reaches its height at 9:30 A. M., when it begins to fall, and at 10:30 has almost spent its force. In the second experiment the line bb shows the effect of taking, at the same hour, a nearly equivalent meal of albumins in the form of toasts and biscuits with some water. From 8:30, the time of taking the meal, the increase of strength is gradual, the summit being reached at 10:30, but which seems to continue, with scarcely any decline, until 12:30. Dr. Haig adds: "The digestion and metabolism of flesh much resemble that of milk, hence the lion and tiger can give out enormous force over a relatively short period of time, while the elephant, the bull, or the horse can outlast them, and perhaps produce even more absolute force in a longer period."

THE latest daring gastronomical innovation in Paris consists of the preparation of soups, stews, and entrees from spiders, caterpillars, wasps, and grasshoppers, and culture farms have been established for the raising of a

sufficient supply to meet the growing demand. It is claimed by the French chefs that the world has hitherto neglected one of nature's most tempting luxuries through a failure to utilize these insects.—*Ex.*

The Sitz Bath

By Henrietta E. Brighthouse, M. D.

In the sitz or hip bath, the hips are immersed in water in a specially constructed tub, while the feet are placed in another tub, the water of which is slightly warmer than that of the first tub. An excellent sitz may be improvised from an ordinary wash tub and a pail by raising one edge of the tub three or four inches with a block or stick of wood. A folded fomentation blanket or thick towel is placed under the knees and another over the back edge of the tub. The patient steps into the foot-tub and then sits down in the bath. In homes not provided with the full bath and facilities for other treatments, such a sitz can be made to serve many purposes and conditions. It is well to have a thermometer, as success depends on a proper adjustment of the temperature of the water to the patient's condition.

The sitz may be effectually used as a means of inducing perspiration. The patient being placed in water comfortably hot, the temperature is gradually raised to the desired point, by adding hot water, which, with a little care, may be done without any danger of burning the patient. The head, having been thoroughly cooled by wrapping wet towels around it, should be kept cool by frequently renewing the wet towels. A blanket covering the patient and reaching up over the shoulders, keeps the heat in. To induce perspiration, the temperature of the water may be raised to from 105 to 115 degrees. Ten or fifteen minutes is usually sufficient for a treatment, though a longer time may be required when the object is to relieve pain.

To take the patient out, the sitz should be gradually cooled; or a pail of cold water may be thrown over the hips as the patient emerges from the sitz, the patient being afterward rubbed dry with towels and the dry hand.

When prolonged perspiration is desired, the patient, as soon as he perspires freely, should be put into bed and well covered with blankets, allowing the perspiration to continue from one to two or more hours if necessary. He should then be sponged with cool or cold water and dried thoroughly.

The hot sitz bath may be conveniently used as a means of inducing perspiration to break up a cold. It is also useful in rheumatism, lumbago, sciatica, gall-stones, and suppressed menstruation when due to chilling. The hot sitz is also excellent in painful menstruation, inflammation and painful conditions of the bladder, uterus, or prostate, and for hemorrhoids.

When not desiring to induce perspiration or to relieve acute pain, the sitz need not be so hot, the indication being as effectually met if it reddens the skin well. For rheumatism, sciatica, lumbago, or gall-stones, it may be found necessary to induce perspiration in order to get relief. In painful menstruation it is sometimes the very hot sitz that gives relief; at other times relief is obtained only by a warm or moderately hot sitz, the very hot sitz seeming to increase the pain.

The warm or hot sitz, while useful in acute conditions, is inferior to the cool or cold sitz for conditions requiring frequently-repeated treatments and tonic measures.

The cold or cool sitz varies in temperature from 55 degrees to 85 degrees. Such a sitz is tonic in effect. It is especially useful in congestions and chronic inflammations of the pelvis, bladder, and rectum; also in congestion of the liver and brain. It is very useful in sleeplessness, in nervousness, and in backache, and is an excellent means of combating constipation. It affords relief from some of the distressing symptoms accompanying pregnancy.

The cold sitz should be avoided in acute inflammation and in neuralgia.

In congestion of the uterus, bladder, or rectum, the sitz should be given daily for 15 to 20 minutes at a temperature of 85 to 75 degrees. It is also useful for congestion of the liver and brain. As one becomes accustomed to the use of cold water the temperature should be lowered a degree or two or three every day till the sitz is taken at 60 degrees, the time for remaining in the bath being meanwhile shortened, three to eight minutes being enough to remain in the water at 60 degrees.

The short, very cold sitz, 55 to 65 degrees, is especially tonic in its action; and when repeated every day, has a powerful tonic effect. It will improve the appetite, digestion, and

nutrition, quicken the circulation, and stimulate the blood-making processes. The short, very cold sitz is most excellent for cure of constipation.

When the object of the sitz is the relief of congestion, the moderately cold sitz, 70 to 80 degrees, for 15 to 20 minutes, is preferable to the short, very cold sitz. The foot-bath for the cold sitz should be 105 to 110 degrees.

It is necessary that the patient be warm at the time of taking any cold treatment. For this purpose, fomentations, a hot foot-bath, or a hot sitz may precede the cold treatment. The head must always be protected by placing a cold wet towel about it.

For pregnancy, the moderately cold sitz is to be preferred. A temperature of from 80 to 90 degrees is the best.

When there is great sensitiveness to cold, the sitz may be begun at a comfortable temperature and then rapidly cooled to the desired temperature. In some cases the shock of the cold water will temporarily increase internal congestion and cause pain. Such cases must always be begun with the hot sitz and cooled down, taking care not to cause chilliness. This may be avoided by brisk light rubbing. If one has any fear of cold water, it is always safe to begin with hot water.

1436 Market St., San Francisco, Cal.

A Fearful Heritage

By S. Yarnell, M. D.

THE alcoholic criminal was formerly considered wilfully and designedly bad, a man making little effort to reclaim himself from the toils of his liquid, fiery master.

But there is now a better way of viewing this question, one having a more scientific basis, namely, that

the criminal is a sick man, and alcoholism is a disease. In substantiation of this view a few facts may be stated, along the line of the effects of alcohol on the brain and nerves of man. Alcohol is a strong stimulant; and because of its method of action, an irritant to the nervous structures.

Under its influence the blood-vessels supplying these structures become congested and an unnatural mental process is started, as is manifest in the drunken talk and actions. When this condition is long continued, these vessels are paralyzed and the congestion becomes chronic, with a resulting permanent, unnatural process of thought and desire.

To make matters worse, the long-continued stimulating and irritating presence of the alcohol causes an increased production in the brain of a sort of connective tissue, which supplants a part of the brain cells, the thought-producing elements, and the man's mental power is proportionately reduced. So it is not to be wondered at that the man who is chronically addicted to drink commits crime with apparently no remorse. His thoughts and actions are the necessary product of an unnatural brain.

Under ordinary circumstances, to cure him of these results requires a long process of hygienic and dietetic training, with entire abstinence from alcohol.

Of all classes of men the drunkard is the least fitted, barring the insane and the epileptic, to become a father. Tendencies toward the conditions outlined above are very apt to be transmitted to the offspring, the appetite for alcohol being early manifested and gratified. Thus the second generation is worse than the first. The type of heredity in these cases is about as follows: First generation, confirmed drunkard; second generation, confirmed drunkard with reduced mentality; third generation, epileptic; fourth generation, insane; fifth generation, imbecile, with extinction of race.

This latter termination should, in the name of all that is right and just, have taken place at the second generation, for there is an alarming percentage of the inmates of our asylums who come there because of an heredity like the above, and for no other reason. It is to be hoped that conditions of society may some day so shape themselves that the state can prevent the possibility of such an element as the drunkard's progeny.

Portland, Oregon.

Constipation

ITS TREATMENT WITHOUT DRUGS.

THE theme is threadbare. This is because the condition is so common. Half the people one meets, nay, two-thirds of them, are victims. It clouds their lives, sours their dispositions, dims their mental and moral perceptions, casts a "bilious" shadow over their social and even their religious natures, poisons their secretions, and renders their lives scarcely half worth living. It gives its subjects a dis-

agreeable breath and a dirty complexion.

The train of evils following in its wake is almost endless. It is a constant menace through autoinfection, and throws down the bars to every form of infection from without. It is the godfather of nearly all the chronic forms of disease, of liver and kidney failure, of diabetes and dyspepsia, of neurasthenia, nephritis, and neuralgia. Headache, heart trouble, and hysterics, with scores of others of the com-

monest and most incorrigible maladies that afflict humanity, often have their origin and are always aggravated by constipation.

What are its causes?

These, too, are numberless.

Diets that are too much concentrated.

Too much sugar, condiments, pastry.

Too little fruit,—fresh, juicy, sub-acid fruit,—and too few watery and succulent vegetables.

Too rapid eating, with too little mastication.

Nervous abstraction while eating.

Too much drinking at the time of eating.

Too much strong coffee and tea.

Sedentary occupations. Too much indoor life and too little exercise.

Want of system and regularity in the matter of evacuations.

Abuse and overuse of cathartic medicines.

Imperfect breathing habits.

The list might be almost indefinitely extended.

What are the rational means of cure?

First, *correct all the bad habits.* Nothing can take the place of this injunction.

A concentrated diet is one that contains too little bulk and too much nutriment, or at least too much of some one or more of the proximate principles of food. It may be too much fat, too much starch, too much sugar, or too much flesh. It is an unbalanced ration. Correct such a diet by eating less flesh, less rich puddings, gravies, and dressings, and substituting fruits and vegetables.

As to the manner of eating, the "quick lunch" mania prevails.

If we had the stomachs of the carnivora—the lynx, the leopard, or the lion, or the gizzards of the hen hawk, turkey buzzard, or eagle, we might tear fish and flesh into strips and swallow it whole.

But we haven't.

Take time for every meal or don't eat it.

No danger of starving.

Tanner fasted more than forty days, and a ten days' fast once or twice a year would be worth a small fortune to a majority of the average feeders.

Most people wash down their food with slops—tea, coffee, chocolate, milk, beer, or wine. In time the salivary glands become atrophied for want of use. Masticate every mouthful long and well, after which you can swallow it without a drink to hurry it along.

Coffee and tea are responsible for a host of ills, and of these constipation is not one of the least.

The greatest harm comes to those who are confined indoors, compelled to live in ill-ventilated rooms, and deprived of all health-giving exercise.

Get out-of-doors.

Open up windows.

Run races and ride bicycles.

Do something to make your blood circulate and to force you to breathe. Very few people breathe efficiently. With a long capacity of nearly a gallon, most people inhale less than a quart of air at each inspiration. It is no wonder that consumption has become so common as to be called "the great white plague." Rather it is a wonder that more of these collapsed lungs do not forget to do their duty and go into a decline.

There are mechanical aids. These are daily massage, following the line

of the colon, but it must be both vigorous and persistent, not merely occasional and passive. When constipation has become a habit, nothing short of eternal vigilance and the constant cultivation and exercise of will power will permanently overcome it. The use of the thousand and one nostrums is only palliative. They, in the end, confirm and perpetuate the evil they are aimed at.

Bending the body at the middle backward and forward, sidewise, twisting, gyrating, stooping, swinging, and thrusting the arms upward, backward, forward, round and round, reaching, striking, pulling, and pushing—all these motions are of value, rapid walking, horseback riding—if the horse is not too easy in its gait—kicking, swinging the legs, squatting and rising rapidly many times repeated. Any motions or exercises that act upon the abdominal muscles, that stimulate the diaphragm, accelerate the breathing function, and favor the peristaltic movement of the bowels, will aid in banishing the demons and hobgoblins that dance and devastate in the wake of this national if not cosmopolitan malady, *constipation*.—*Dietetic and Hygienic Gazette*.

The Anti-Drug Tendency

It can not be denied that the average faith in drug cures is steadily on the wane. Every reflective medical man begins to realize that most curable diseases disappear, if at all, spontaneously, and by natural processes, helped or hindered, as the case may be, by intelligent, mistaken, or bungling art; that, outside of nature and a placebo, we have little to rely on beyond a wise and persistent "expectancy," which is either the result of

an abiding faith that the *vis medicatrix naturæ* is all-sufficient, or a scientific and candid admission of helplessness and ignorance, and that the work of the enlightened physician is to bring into activity and carefully direct the forces of nature—in one word, *hygiene*, which is a comprehensive term, covering most of our honest efforts, and giving us our most gratifying successes.

True, we can not ignore the palpable duty of mitigating pain by temporizing anodynes and anesthetics, but we do not assume these to be other than palliators. To paralyze, temporarily, the sensory centers is not cure. And yet must we go on giving the placebo [medicine given to please the patient], for its psychologic effect—the basis of "faith cure" and all medical credulity—and waiting for nature to accomplish the readjustment we call curing.

By and by—it may be ages hence—we can judiciously withhold the placebo.

On the other hand, we can not at once, nor perhaps ever while human nature remains the same as now, dispense with all the apparent mystery and mythology of our art. No sane physician, physiologist, or psychologist questions the fact that myth and mystery have their mission in the field of medicine. Without it we could not at all times enlist the faith and cooperation of our patients, whereas we all fully realize the potency and sometimes the all-importance of faith in the relief of human ailments.

It is by taking advantage of this weakness of human nature that the charlatan thrives; it is this that gives success to the unblushing vender of nostrums. No matter how cheap and

nasty or how inert and worthless his concoction, the fulsome laudations flaunted everywhere, and backed by scores of really "genuine certificates" wheedled from, and often even volunteered by, credulous dupes, who may not inaptly be styled pharmacomaniacs, the sales of the vile trash reach fairly stupendous proportions, and the wily proprietors who steal the livery of heaven in which to serve the devil, grow plethoric with gains wrenched from ignorant believers in medical mythology, while stupidly-honest practitioners eke out a scanty existence by faithful plodding in overworked but underfed and underpaid fields of labor.—*Dietetic and Hygienic Gazette*.

Scent

"It should be remembered that the basis of all perfumes is an essential oil of some kind, derived either naturally from flowers or leaves or artificially by a synthetic process," says the *Lancet*. "In either case the essential oil is a powerful antiseptic and possesses disinfecting properties not less in degree than those of carbolic acid itself. As is well known, the essential oils absorb atmospheric oxygen, forming an unstable compound easily lending oxygen for the work of purification. Pine oil, eucalyptus oil, and turpentine act readily in this manner—a fact which probably accounts for the salubrity of the air of pine forests and eucalyptus woods.

"The use of scent by many women is excessive, and by men is looked upon as effeminate—a prejudice that we confess to sharing—and yet the question naturally arises, As we study our environment to please the eye by color

and natural effects and to please the ear by musical notes, why should we not make similar endeavor to please the nose by agreeable and fragrant odors? Each sense may suffer offense, and there is no reason why each sense should not be equally defended in this regard. And the use of scent on the pocket-handkerchief, which is where we commonly find it, is calculated to exercise a higher office than merely to please the sense of smell. The handkerchief may easily prove a source of infection, for it is made to be the common receptacle of secretions from the nose and mouth, and the employment of an antiseptic handkerchief is perfectly consistent with the dictates of common bacteriological evidences.

"The liberal use of scent on the handkerchief is calculated to make it antiseptic and to destroy the germs in it, owing to the action partly of the spirit of the scent and partly of the essential oils dissolved in the spirit. Before, therefore, we condemn the persons who use scent upon the handkerchief, for practising a foppish or luxurious habit, we should remember that they may actually be doing good to their neighbors by checking the distribution of infectious materials."

The Medicinal Value of Fruits

It is generally believed that all fruits are laxatives, and so the individual who suffers from torpid liver or intestines flees to fruit, irrespective of the kind, believing that if he eats enough he will obtain relief.

Some fruits are excellent natural laxatives, while others are exactly the reverse. Quite a number of kinds of fruit are cooling in summer weather,

while others stimulate the kidneys to increased action.

Under the category of laxatives are figs, oranges, tamarinds, dates, prunes, mulberries, and nectarines.

As astringent varieties we have pomegranates, persimmons, blackberries, raspberries, quinces, pears, medlars, and wild cherries.

The kidney stimulants are grapes, peaches, black currants, and melon seeds.

The cooling fruits are gooseberries, red and white currants, pumpkins, melons, lemons, limes, and apples.

Fruit is good, but it should be used understandingly, if we would derive from it the greatest possible good.—*Herald of Health.*

Suggestive

THE following suggestions from M. E. Douglass, M. D., in the *Hahnemannian Advocate*, are worthy of careful study as home remedies:—

In prescribing infant foods it is worth remembering that rice is an astringent and farina a laxative.

When chilly from exposure, breathe very deeply and rapidly, and the increase in bodily warmth will be surprising.

Crude petroleum, poured upon a burned surface and covered loosely with cotton, will subdue the pain almost at once.

People who have weak hearts should always have their principal meal in the middle of the day, and with as little water as possible.

Strong spirits of ammonia applied to the wounds of snake bites or rabid animals, is better than any caustic. It neutralizes the virus.

In puerperal convulsions, when the

spasms are apparently under control, look for a return of the spasms if the pupils remain contracted.

The little finger can be used in taking a delicate pulse when it would be impossible to readily recognize it with the fingers ordinarily used.

Carbolic acid poisoning can be quickly cured by giving cider vinegar diluted with equal parts of water in half-tumblerful doses every five or ten minutes for a few times.

A towel dipped in boiling water, wrung out rapidly, folded to proper size, and applied to the abdomen, with a dry flannel over the hot towel, acts like magic in infantile colic.

Convulsions may be frequently cut short like magic by turning the patient on his left side. The nausea as an after effect of chloroform or ether narcosis, may be generally controlled in the same manner.

To keep the hands soft after using plaster of Paris, carbolic acid, etc.: An application, on going to bed, of ointment composed of melted beeswax, tallow, and sweet-oil, to the hands, will soften them in one night.

CAMPBOR eating is the latest fad which fashionable women have adopted as a means of clearing the complexion. The habit produces, however, a ghastly pallor, weakens the system, and, once contracted, is as difficult to cure as is the vice of drinking intoxicants. It is, therefore, extremely pernicious, and should be avoided by every self-respecting woman.

A MAN can better afford to lose everything else rather than his own self-respect.

WOMAN'S REALM

Conducted by Mrs. M. C. Wilcox

The Keepers at Home

KEEPERS at home—oh, bless them!
They're angels in heavenly places.
The smiles of heaven caress them—
Their beautiful, homely, kind faces:
Earth will be drear without them;
We shall miss their angelic graces—
The holy air about them—
Preservers of all living races.

Keepers at home—how we love them!
In their kind arms God's children nestle,
Safe from storms round and above them
When with fierce temptations they wrestle.
Patiently doing their duty,
Faithfully bestowing love's chalice,
Theirs is the heavenly beauty,
Their humblest home is a palace.

—Selected.

An Earnest Talk with Mothers

By Alice May

"A NATION rises no higher than its mothers." In the early settlement of this country the first white women were given in exchange for one hundred pounds of tobacco. And of course they were the property of the men who purchased them, and they were jealously guarded as such. As a consequence womanly self-respect and pride were crushed. Women were obliged to assume a secondary and subordinate position, which by environment and heredity is almost a second nature. Some of these same men a few years later invested in the negro, and black women reared mulatto children to be sold as other chattels.

In our Civil War the negro man was given regular rights of suffrage, but has the awful traffic in women been abolished? Look at the laws of this country; go to the gilded palaces of shame and degradation, and answer for yourself. Martin Luther was first excited to action by the sale of indulgences. These indulgences were equivalent to a license for sin. Giving a privilege to do wrong does not make the thing just or right. Licens-

ing vice with its evil surroundings has led to weak morals and licentiousness.

Lust surrounded by ignorance, romance, and imagination, is often called love, and we have been deceived by this misnomer until we are a "nation of murderers." Women have too long been instruments and toys for men's amusement. They work to send missionaries to foreign lands, and they are trying to save Hindu mothers from murdering their innocent babes by throwing them into the sacred Ganges, and all the time trying to please men and increase crime in this Christian(?) land, by murdering their own unborn offspring and studying methods to prevent being mothers, which is more degrading and injurious to the physical and moral nature than throwing babies into the Ganges to appease the anger of an imaginary god; for the Hindu mother does not know it is wrong to murder. Do our American women know, "Thou shalt not murder."

Women's highest mission on earth is to be mothers. "Motherhood is a partnership with God." Jesus said, "Suffer little children to come unto

Me." What of these parents? Can Jesus in His loving words say, "Father, forgive them; they know not what they do"? We live in a land of Bibles. Are we Christians? Are we doing the Master's work? Infanticide, onanism, and the awful cobwebs for protection, are all powerful bulwarks against woman's mission, her conscience, and her God.

We have been told from time immemorial that "women, wine, and money are the roots of all evil." Strange with what tenacity time-honored notions and superstitions cling to us! And they influence us long after we have been convinced of their fallacy. A Chicago doctor says, "Women are what men make them."

In this twentieth century men are permitting their young daughters in the company of vile libertines, and if the girls are deceived by the fairy tales of romance, and are charmed and captured, we ostracize them from society. The libertine goes free; he knows there is no punishment for him in our courts of justice (?). A trial in such cases is only a grand farce,

where all the depraved men of the community congregate and enjoy a real carnival of licentiousness; the girl is a target for insults and abuse.

Can women ever shake off the fetters that so long have bound them, and dare to be true to themselves and their Creator, and teach the boys and the girls the holy sanctity of motherhood and the crime of taking life? We have educated the girl in morality, but the boy has been left to gather his morals (?) from the streets. Dr. Courtright says the young man of twenty-five who has not suffered from a private disease is a "rare bird."

Mothers, tell your boys of the evils of immorality and intemperance. Tell them of the awful diseases they will surely contract if they follow blind passion. Tell them the seventh commandment is meant for them as well as their sisters. Your boy will be educated along these lines somewhere and somehow. Shall his teacher be Satan, and his first schoolhouse the street, or can you give your time in the home for this education?

"Whatsoever a man soweth that shall he also reap."

Orderly Housekeeping. No. 3

By Mrs. A. C. B.

BREAKFAST and family prayers being over—our two breakfasts we might call them, one physical, the other spiritual—we face the day and its duties in courage and faith, knowing that, whatever may come to us, strength is given to meet it. So our two meals are united in service.

What we will do next after depends on which day of the week it is; for in no line of work are we brought into closer harmony with God's beautiful seven-day cycle than in housework,

each eventide preparing us for the morning, and each day for the following.

Our Pattern tells us that order in arranging our plans and system in executing them brings harmony. To each day its work, as well as to each man his work, crowds no one and insures success.

After the Sabbath has passed and its blessed influence still lingers, we, in the same loving spirit of Gen. 1:2, readjust our calendar of service.

While we insist on each day having its specific duties, we realize that this blessed regularity in work makes variety and saves confusion. There is, then, little danger of it becoming monotonous or wearisome, as it does when wash day comes any day, and cleaning as it happens, and baking when the bread box is empty. Have a regular washing-day, that comes in its place every week, likewise a cleaning day, and two or three baking days; then the clothes are always clean and mended on time, the house is tidy, and the bread box filled to your need.

So a regular rotation in work brings relief to all. Minnie, who has cleaned the lamps, knives, forks, silver, etc., this week, will be glad to take George's place and take care of the walks, yards, and porches, and water the garden. Susie, who took the bedrooms in charge, will relieve Henry at the dish-pan, who gleefully takes Minnie's place, and even adds the kindling box to his list, and George plays chamber-maid in earnest, to the delight of his order-loving mother. Now the wheels are all in trim for Sunday-morning's hum.

If you live, as I do, in a family or house where a part of the inmates observe the first day of the week, washing is out of the question on Sunday. There is always more or less disorder after a day of rest, things out of place, things that need mending before they go to the wash, things left unfinished on Friday, to say nothing of an empty pantry. So Sunday makes a good day for odds and ends. A clean house, a good dinner, with sufficient surplus to save cooking on Monday, an extra baking, a letter or two to answer, a call to make, a walk or ride with the

children, a service with some neighbor Christian, these and more you will find to fill your day.

In the late afternoon or evening all the soiled clothes should be gathered, and tubs, starch strainer, bluing-bag, etc., made ready for an early start on Monday. Many find it easier to put the clothes in warm suds, covered closely, to soak overnight; others prefer to attend to this before breakfast. That settles it that Monday is washing-day, and it should be a peculiarly strong excuse that asks for a change; but it does not mean that the rest of the house is in disorder for that reason. Each one taking his part of the work, the house is soon all in order, and only the room where the tubs are tells the day's name. If you are all alone, there is less to do, and, having your preparations complete before bedtime, the morning does not find you crowded, and you will find it easier to wash when your little house-work is done.

I hope you can finish before dinner, and if you want to enjoy your afternoon, I caution you to eat slowly, and of lighter food than usual, for you are tired inside as well as outside, and should not take an extra load now.

If the washing has been heavy and hard, you should plan for a more quiet day on Tuesday. If the contrary, you could fold your clothes for ironing as you take them from the line. Some pieces you may want to leave out all night to the tender ministry of the dew or frost. Some you may want to press in the morning, and all this will determine in part how you spend the remaining hours of Monday; but a complete change of environment or occupation is advised, for its mental as well as physical effect.

Tuesday is a good sewing day, so you may need to do a little shopping, pattern hunting, or other preparation, and that gives a restful change, but do not allow a hard ironing to follow on the heels of a hard washing-day. This may cross your ideas, but you will do more work, better work, and do it easier by husbanding your strength.

You may need to bake again on Tuesday, and that means the usual preparation the evening before. Other foods needing an all-night soaking are handy for Tuesday, when you can use the top of your stove, dried fruits, legumes, hominy, or hulled wheat.

After prayers have brought their blessing and the evening cares are laid aside, have your little private chat with the Master, and listen to the message He gives you.

Before Marriage and After

FORTUNATELY it is not the cost of the wedding ring that makes the fetters of a married woman of gold or iron. Character and disposition are of the first importance, and happy is she who knows about these before marriage, and is old enough to judge as to what she will have to put up with, and whether she can do it or not. We all have our faults; we also have a choice in those of our friends; so mind the old saying, and keep your eyes wide open before marriage and closely shut after.—*Selected.*

EVERY child should have some certain work to do. Let him understand that this work is to be done without a word of complaint.

Teach your child the sin of procrastination. This is one form of self-indulgence that is most injurious.—*Health.*

Business Tact Necessary in House-keeping

IN order to manage a house properly, a woman must have a love for it, and also a fair education and business tact. A woman who possesses these qualifications can not possibly fail in home management.

When does woman fail to do all she possibly can for those she loves, or what she loves? If the object of her love happens to be a man, she does all in her power to urge him on to greater efforts until he meets with success; but thrice happy is he who has a wife who loveth both him and his home, for he lives in a paradise on earth. But I do not think love can accomplish this alone, unless the woman is in possession of a fair education; for education refines and elevates her mind, tastes, and ideas.

Now for business tact: A merchant to be successful in business must cater to the wants of his customers, and fill all orders promptly and satisfactorily; but he has this advantage, he receives his orders and knows exactly what is wanted.

A woman who is engaged in the home management business is expected to please without orders. If she has more than one in the family, it means so many more demands on her brain, to invent dishes to please their various appetites, for what pleases one does not always please the other; and when all are pleased, show me a cause that has a better effect than a family sitting down to an enjoyable meal, with pleasant surroundings, and the loving smile to brighten every one up.

While love alone would cause a woman to be extravagant, education, refinement, and business tact bring prudence and economy.—*M. H. Tuxford.*

EDITORIAL

Accidents and Emergencies

GENERAL DIRECTIONS.—*Keep cool;* excitement will make matters worse. If you do not know what to do, *do nothing*. But there are some things any one ought to think to do in case of serious accident. 1. A doctor should be sent for, some one being sent who can give an intelligent idea of what has happened, so the doctor will know what supplies and instruments may be needed. Or a note may be written stating briefly the nature and extent of the accident.

2. The patient should be placed in a comfortable position—usually lying down with the head slightly raised.

3. Spectators should be kept back so as to allow breathing space for the patient.

SUMMER ACCIDENTS.

Sunstroke or heatstroke occurs primarily as a result of excessive heat, but usually in those who, by liquor drinking or otherwise, have lowered their vital resistance. It is comparatively rare on the Pacific Coast, because the air in summer is sufficiently dry to favor free evaporation and thus prevent excessive heating of the body, even when the thermometer registers 110° or more in the shade.

After exposure to great heat the victim has for a few moments a feeling of giddiness, sharp headache, sickness at the stomach, and confusion of colors, when suddenly he falls unconscious, with noisy breathing and sometimes with convulsions. The *skin is intensely hot* and usually dry; the pulse is very rapid. The usual termination is death, sometimes within a few min-

utes, sometimes after several hours or a day or two.

It is important that sunstroke be distinguished from apoplexy and drunkenness, with which it might easily be confounded, as the life of the patient depends upon prompt administration of the proper treatment. The unconsciousness of alcoholism comes on more gradually, and that of apoplexy is not preceded by dizziness, headache, and nausea. In both apoplexy and drunkenness, the skin is cool and moist.

Treatment.—Patient should be carried at once to the nearest shade. Loss of time will be fatal. Remove clothing, and pour (not dash) water freely over head, neck, and chest. Ice may be placed at back of neck and rubbed over surface of body, or the body may be immersed in a cold bath. As consciousness returns the cold may be discontinued, but must be renewed if the surface temperature again rises above normal, or if consciousness be lost again.

A physician should of course be summoned the first thing, as a case of sunstroke demands the utmost skill in order to prevent a fatal termination.

Two French investigators find that salicylic acid is normally present in small quantities in strawberries and in strawberry juice.

It is reported by the Insular Board of Health that in Juana Diaz, Puerto Rico, a town of 2,500 inhabitants, 1,000 are victims of the morphin habit.

Dangers of Iced Beverages

THIS month and the two following cover the danger time in the matter of taking ice in various ways into the stomach. As the system becomes heated, the tendency is to partake of ice-cream, or iced drinks of one sort or another, for the purpose of "cooling off." It ought to be understood that whenever one indulges in these things at the time his blood is in a heated condition, he jeopardizes his health, and if the indulgence is to excess, his life also.

A year ago or more, the *Youth's Companion* warned its readers against ice-cream poisoning in the following terse way:—

"Poisoning by ice-cream is of not uncommon occurrence during the summer months, but one hears of it in the papers only in cases of wholesale poisoning, as of a party of picknickers, the guests at a wedding, or an evening assembly, and the like. The cause of the poisoning is a change in the milk, induced by the accidental presence of a microbe. This microbe, the poisonous product of which, by the way, is called 'tyrotoxicon,' may also be found in other foods which have milk as their basis, such as cheese, custard, cream cakes, etc.

"The symptoms of poisoning usually appear within from two to four hours after the ice-cream or other dish has been partaken of, and their severity varies with the quantity of poison taken. There is first dryness of the mouth, followed by parching and seeming closure of the throat, and then nausea, vomiting, and purging. The vomited matter at first consists of the food taken; later it becomes watery, and may be stained with blood.

"The heart beat grows weak and irregular, and in severe cases the face becomes livid. Sometimes the pupil of the eye is seen to be dilated, even in a bright light, but this is not a constant symptom.

"The vomiting and purging may be followed by great nervous prostration, from which recovery follows slowly. In very dangerous cases, those which are likely to prove fatal, these two symptoms are very slight at first, and may soon cease altogether. Such cases call for the most prompt and energetic treatment, for the condition is often one of great gravity."

But while this sets forth one danger from eating ice-cream, it is not the only one, nor even the greatest. Many are ready to persuade themselves, when desirous to indulge in a dish of ice-cream, that the delicious preparation before them is free from poisonous elements, and so they may not fear to eat all they will. But could they understand that the greatest danger lies in the icy coldness of the cream that is being taken into an overheated system, they might be persuaded to desist, notwithstanding the temptation be great to partake of it.

It needs no prolonged argument to convince one that when ice-cream is taken into a heated stomach, a sudden change occurs there. Instantly the blood-vessels contract, producing temporary paralysis. This checks digestion, and a continued presence of the cold prolongs the paralytic condition of the stomach. Repeated indulgence of this kind through the heated season produces an organic change in the mucous membrane of the stomach, re-

sulting in decreased power of motion, secretion, and digestion.

The statement may be advanced that a cold application to an overheated surface will produce healthy reaction. This is true when the cold is not intense. To illustrate: Take a plunge into ice-cold water, and the reaction is not perfect, the skin remaining chilly and blue, because the cold is too intense, whereas, if the water was of a moderate temperature, the reaction would be perfect, and the skin would become warm and red. This can be applied to the stomach as well, only how much more intense would be the effect on the stomach from a prolonged application of the cold, incident to the stomach's effort to restore its normal warmth!

It can thus be seen that every indulgence of this kind is a process of weakening to the stomach, and when frequently repeated, digestion having become impaired, the whole system is disturbed and weakened. While a drink of *cool* water is good for the thirsty one, it is better to let *iced* drinks and *ice-cream* alone. c.

Rational Diet a Remedy for Intemperance

At the late International Vegetarian Congress, held in London, England, the theory was adopted that the persistent pursuit of a vegetarian diet will prove a remedy for drunkenness. Upon the announcement of this, it is said that the English Salvationists adopted vegetarian principles as a fixed feature of their temperance work.

Doubtless many will watch the outcome of this movement with deep interest, because it is a fact that the

agitation of the diet question has already stirred up much investigation of it by actual experimentation. Something is certain to come of all this, because the merits of the entire question are sure to present themselves to every candid mind who gives proper attention to it.

That diet does influence mind is already an established theory with eminent men in the field of science. These tell us that a stimulating diet of meats and rich gravies, pepper, mustard, spiced pickles, and the various sauces which adorn hotel and restaurant tables, when regularly followed, is certain to stimulate a desire for strong drink. This has been quite fully demonstrated in the cases of young men, who, from childhood, have been nourished on stimulating foods, and have taken to strong drink at an early age, without any apparent outward influence in that direction.

This being true, it follows that the opposite idea holds good, namely, that abstinence from these injurious forms of diet would turn back the tide of intemperance, generated by their use. The result of the contemplated experiments by the Salvationists of England, may well be watched with interest.

c.

THERE has come to the editor's desk a small booklet of sixteen pages, which briefly sets forth the climate, soil, products, and land values of Stanislaus County, Cal., together with its social advantages. It also contains a dozen or more half-tone pictures, showing buildings, irrigating canals, etc. For full information regarding this county as a residence quarter, address Secretary Board of Trade, Modesto, Cal.

Household Hints

Suggestions for Canning Fruit

By One Whose Fruit "Keeps"

WHEN canned fruit spoils, it is because of insufficient cooking or of leakage. To insure keeping of the fruit it should be well cooked, and put into the cans while still hot, or else it should be cooked in the cans. As the latter method permits of more thorough cooking without destroying the shape of the fruit, it will be described.

The jar should be filled with the raw fruit neatly placed, and over this should be poured a thin sugar syrup covering the fruit. The jars, with the covers placed on loosely, should be set in a wash boiler or other large vessel, and surrounded by water. This should now be brought to the boiling point, and kept boiling until the fruit is well cooked. As the fruit cooks it will shrink, and this shrinkage should be made up by adding more hot fruit juice. The covers should next be tightly screwed down after the rubbers and edges of the covers have been dipped into the hot syrup. The syrup helps to make an air-tight joint.

If old covers are used, the edges have probably been turned up by a knife in opening the jars, so that it is difficult to prevent the leakage of air. To remedy this, a blunt instrument (the wire can-opener which accompanies the cans answers very well) may be run around the edge of the cover in such a way as to press it firmly down on the rubber. New rubbers should be used every year; they cost very little and old rubbers are almost sure to result in spoiled fruit.

Having followed these directions, it will not be necessary to turn the jars bottom up or to screw the covers tighter the next morning; in fact, the joint having been made tight by means of the syrup, it is better not to touch it again until the fruit is opened for use. The canned fruit must be kept in a cool, dark place.

The steps outlined above will insure the keeping of the fruit. They may be briefly repeated:—

1. Thorough cooking.
2. Well-filled cans, refilled after cooling.
3. Rubbers and covers dipped in syrup.
4. Covers well screwed down, and, if old, the edges pressed down on the rubbers. New rubbers used every year.
5. The fruit removed as soon as possible to a cool, dark place and kept until used.

Peas

By Mrs. J. R. Leadsworth

GREEN peas being among our earliest vegetables, and coming just at the time of year when the system is calling for a change in diet, should be freely used. Owing to their delicate flavor and sweetness, they are very popular among all classes of people, and as there are many varieties, and many different ways in which they may be prepared, they may be used often without one tiring of them. While they contain only a small amount of nourishment as compared with the matured pea, they are more easily digested, many who can not use the matured peas being able to eat freely of the green peas with safety.

Peas should be shelled as soon after being gathered as possible, and, if purchased the day before using, should be shelled at once. The longer they stand in the pod after being gathered, the more of their sweetness they will lose.

Simplicity is the art required in cooking peas, as their own delicate flavor is what makes them so popular. They should be cooked in a covered vessel with just enough water so that when they are tender the water will be nearly all boiled away, it being better to add a little boiling water during the cooking rather than to use too great a quantity. A little salt will help to bring out the flavor, and this, with a little cream (milk should never be used) or nut-cream, is all that is necessary.

PEAS AND CARROTS STEW.

Scrape, and cut into small pieces, enough carrots to make a cupful. As these will require more cooking than the peas, they should be put to cook first. Then cook twice the amount of peas, and when both are tender, turn together and add one onion and one sprig of parsley, both of which have been finely minced, and simmered in a little butter, or oil. Salt to taste. If the water is not well cooked down, it may be thickened with a little browned flour.

TO DRY GREEN PEAS.

Shell while young and tender; put in a large bake-pan, and place in the oven for a few minutes until they are well heated, then put out in the sun to dry. Excellent for winter use.

Herewith are given a number of excellent dishes which can be prepared from peas: Stewed peas, peas and new potatoes, peas and carrots, peas on granose biscuits, peas on toast, peas

and asparagus, peas on broiled potato, peas on broiled nucose, pea soup.

Queer Inconsistencies

DR. J. A. CRISLER, in the *Mississippi School Journal*, shows rather strikingly some of the peculiarities of our modern educational system. He says, speaking to teachers:—

"You would have your pupils name the capitals of every land and clime, but decry the importance of a familiarity with the bones in their own body.

"You would ask them to trace the great rivers and water-courses that begin in a tiny spring and end in a surging sea, but their knowledge of the blood-vessels in their own bodies is so very imperfect that many thousands have bled to death on battle-field and playground, from a simple wound, like a child drowning in a tub.

"You would have them travel over the great northwest and review the golden fields of grain, and show them the mighty mills that make our bread, and yet never teach them the first step in the digestion of starch.

"You do teach them in daily object lessons to eat the flesh of beasts and birds, and to slay to eat, yet look with pitying eye on the fading of a flower, forgetting that this flesh may and frequently does contain the germ of deadly fever, the seed of tapeworm and cancer, or the bacillus of tuberculosis.

"By example you teach them to stimulate themselves on spices, condiments, tea, coffee, and wines, thus forming the groundwork for an insatiable thirst for liquors and tobacco; then you watch and wonder why they fill drunkards' graves, or end their lives by their own hands, or do even worse than this."

PACIFIC HEALTH JOURNAL

MONTHLY—DEVOTED TO

FAMILY HYGIENE AND HOME COMFORT

G. H. HEALD, M. D., Editor
J. O. CORLISS, Managing Editor
H. H. HALL, Business Manager

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Send contributions to G. H. Heald, M. D., Healdsburg, California.

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WE are pleased to state that our subscription list is steadily increasing. During the last six months it has been almost doubled. We are doing our best to improve the JOURNAL, and trust that our readers will use their influence in bringing it to the attention of their friends, and thus enlarge its sphere of usefulness.

HENRY B. DAMON, of South Lancaster, Mass., has collated and printed in very neat booklet form a series of proverbs and trite sayings from the brightest authors of the day. Its title, "Gems of Thought," is well deserved, and bespeaks for it a wide circulation among lovers of the beautiful in the literary world, to be had of the compiler, South Lancaster, Mass., at 25 cents.

THE German *Good Health* is a magazine with illustrated cover, published monthly at Grindelberg, 15a Ham-

burg, Germany, at fifty cents a year. The May number is very neatly gotten up, and contains articles from J. H. Kellogg, M. D., David Paulson, M. D., Alfred Olsen, M. D., L. R. Conradi, and others. It is edited by A. T. Hoenes, M. D. Every German reader should have it.

AMONG our advertisements this month will be found a notice of the Santa Barbara Sanitarium, conducted by W. Harriman Jones, M. D. Santa Barbara is one of the ideal health resorts of California, being noted especially for its fine climate and beautiful surroundings. Here exists an almost unlimited choice of recreation. Ocean beach and shady mountain paths are within easy distance of each other. The healthful, tonic air is tempered by almost perpetual sunshine. The result is a surprising luxuriance of verdure and blossom, and an unusually pleasurable and healthful resort.

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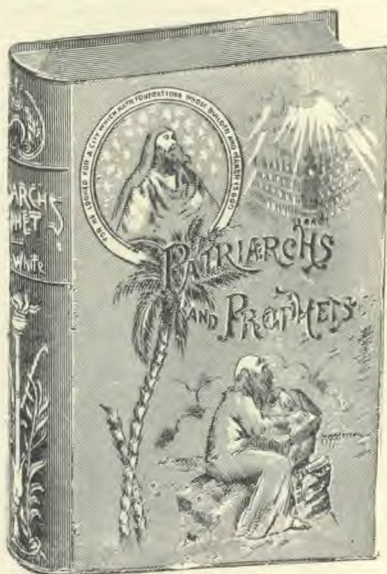
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