

PACIFIC HEALTH JOURNAL

AUGUST, 1902



FOOD COMBINATIONS

J. H. KELLOGG, M. D.

TO LESSEN THE EFFECTS OF SUMMER HEAT

G. H. HEALD, M. D.

IS THE CIGARETTE EVIL MERELY A FANCY

DAVID PAULSON, M. D.



HOW A MOTHER KEPT HER BOYS AT HOME

See "A Wise Mother," page 191

Ask Your Bookseller
for

The Pacific & Health Journal

We are arranging with many of the leading booksellers on the Pacific Coast to carry the JOURNAL, so that our patrons may the more easily be accommodated.



If your dealer does not have it in stock a request from you will quickly persuade him to do so.



The following are some of the book stores which have the PACIFIC HEALTH JOURNAL on sale:—

CAL. TRACT SOCIETY, 301 San Pablo Ave. Oakland, Cal.
I. LASKY, Woodland, California
H. J. JONES, Albany, Oregon
MRS. S. F. RECTOR, Centralia, Washington
SAUNDERS & SCOTT, Fairhaven, Washington
C. O. CONNER, Olympia, Washington
LOWMAN & HANFORD, Seattle, Washington
BLOOM & CO., Tacoma, Washington
VAUGHAN & MORRILL, Tacoma, Washington
C. A. GERHARD, Corvallis, Oregon
J. M. LYON, Seattle, Washington
WILSON & SUTTON, Seattle, Washington
CENTRAL NEWS COMPANY, Tacoma, Washington



Would you lengthen out your years?
Eat mush!
Would you banish cares and tears?
Eat mush!
Would you chase the little wrinkles
From the corners of your eyes,
Till each laughing optic twinkles
Like a diamond in the skies?
Eat mush!



CREAM FLAKE OATS, MORNING MEAL, NUTTY-
GRAINS, AND SEMOLA

MAKE THE BEST MUSH

MANUFACTURED ONLY BY

DEL MONTE MILLING CO.
SAN FRANCISCO, CAL.



Price \$2.00

*Sent, post-paid, on receipt of price.
Send money by draft on San Francisco,
Chicago, or New York; or by postal or
express money-order, or by registered
letter. Address*

St. Helena Sanitarium
SANITARIUM, CAL.

What Is a Nebulizer?

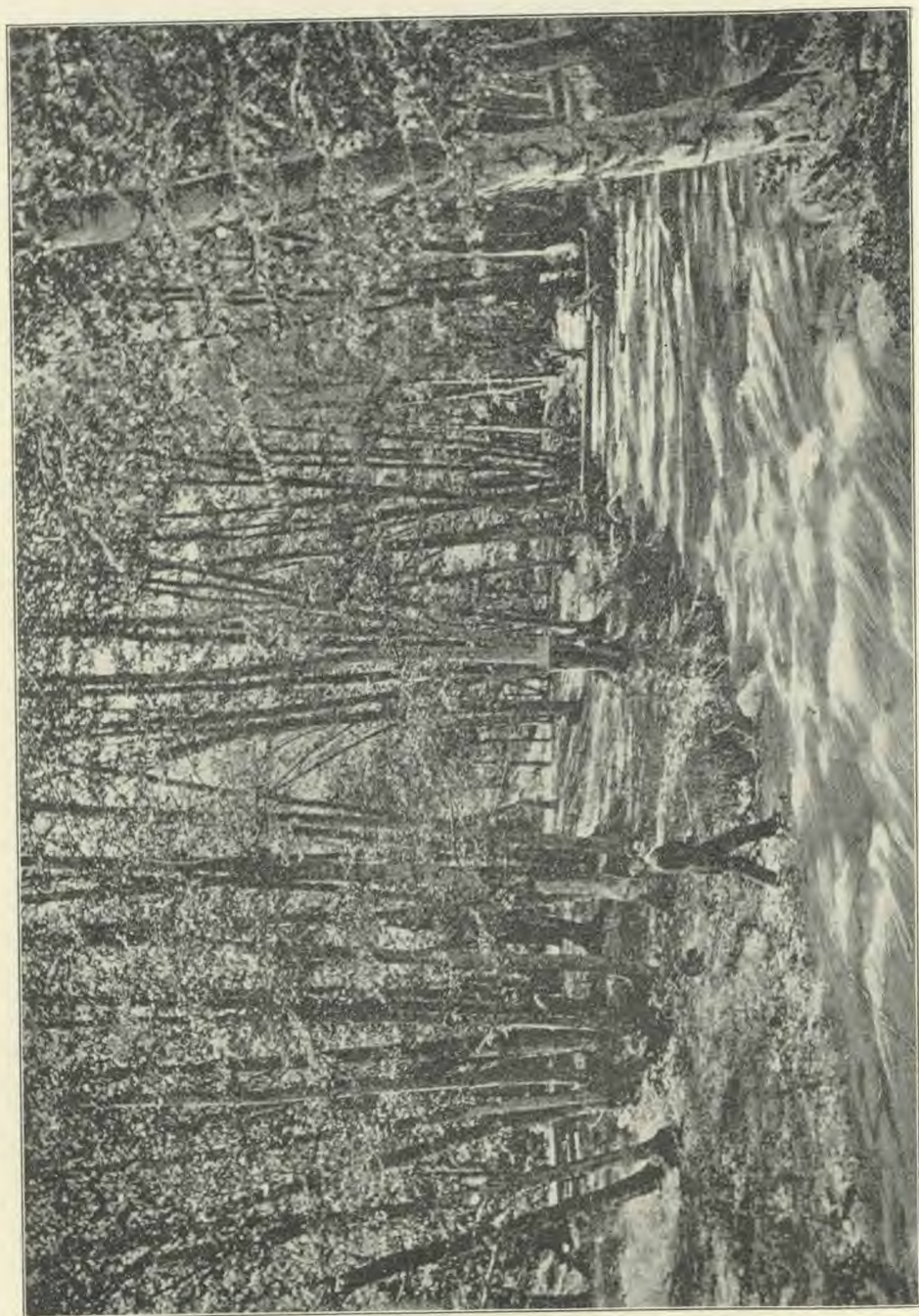
It is a simple, easily operated appliance for the treatment of diseases of the nose, throat, bronchial tubes, and lungs. It transforms the liquid medicine into a little cloud or vapor, and this drawn or forced into the nose, throat, or lungs brings the medicine immediately in contact with the affected parts, thus securing all the benefit possible to be derived.

*It has stood the test
for many years,
and thousands
have been bene-
fited by its use.*



Price \$6.00

When answering advertisements please mention Pacific Health Journal.



CHAUTAUQUA GROVE, ASHLAND, OREGON,

PACIFIC HEALTH JOURNAL

A SOUND MIND IN A SOUND BODY

VOL. XVII.

OAKLAND, CAL., AUGUST, 1902.

No. 8.

Food Combinations*

By J. H. Kellogg, M. D.

[Physician in Chief of Battle Creek Sanitarium.]

I RECENTLY met a man who said, "Doctor, I wish you would examine my head; I have a headache every single day." Looking at his tongue, I found it in a horribly filthy state, and I knew at a glance that this man was suffering with a stomach ache in his head, so to speak. I told him that his tongue needed disinfecting, and that it needed it all the way down, including his stomach, and I recommended a fruit diet for a few days. He said that he could not eat fruit because it caused him to bloat. I said, "You do not eat the right kind of fruit; suppose you try watermelon." "No," said he, "I tried that a few days ago and it had the same effect as any other kind of fruit. I then told him that it was not the watermelon that caused the disturbance, but the fact that he had eaten other food with the watermelon; and I suggested that he try the melon alone. This was about dinner time, and at six o'clock that evening, this man came to me and said, "Doctor, I have eaten a whole watermelon and it did not hurt me at all; my head is as clear as a bell." He also told me that this was the first meal he had digested com-

fortably for years, and all because he had simply eaten a watermelon. It is well to bear in mind, however, that most fruits are chiefly water, containing very little nutriment, and therefore a fruit diet is a sort of mild starvation diet; but when the system is clogged with poisons it is very advantageous to eat only fruit for a few days, thus effectually starving out the germs of the stomach, which do not thrive well on fruit. Then the patient may begin to use well-toasted bread and grain preparations, and, little by little, adopt a more liberal dietary, being careful to make right combinations.

Cream and milk with fruit do not agree very well, because fruit contains sugar which easily ferments, and milk contains germs which set up fermentation; thus, the fruit simply feeds the milk germs. Bread and eggs or bread and milk make a good combination, because they pass out of the stomach about the same time; likewise, potatoes and bread go well together, because they do not ferment readily. Bread and fruit usually combine well together, because the bread is quickly reduced to a soft pulp and passes with the fruit into the small intestines; but fruit and vegetables should not be eaten together, for the

*Extract from a lecture to the patients of the Battle Creek Sanitarium.

reason that fruit is ready to leave the stomach in about an hour after it is eaten, while vegetables are retained from three to five hours. The fruit, not being allowed to pass from the stomach until the vegetables are digested, causes fermentation, and the result is a sour stomach. It is the sugar in the fruit that causes fermentation.

I do not recommend the extensive use of vegetables, for in reality about the only vegetable worth eating is potatoes; and even of these, it would require fourteen or fifteen pounds to make a day's rations if one were trying to live on potatoes alone, and if we measure the meal by the amount

of blood-making material which the potatoes contain; of cabbage, it would require about a bushel and a half to make a day's rations. Thus, taking into consideration that vegetables require such a length of time for digestion, the natural conclusion is that they were never intended to be eaten except in cases of emergency.

An individual who has trouble in his stomach arising from the fact that his gastric juice does not preserve the contents of his stomach, ought to eat food that is quickly digested, and to make such combinations of food as will require a uniform length of time for digestion.

Summer Accidents and Emergencies

(Continued.)

By the Editor

EAT exhaustion is prostration from heat, in which the skin is cool and moist. The patient should have rest in a cool and well-ventilated place, but should not have cold applications to the surface.

SUNBURN, an inflammation of the skin, caused usually by direct action of the sunlight, is a frequent result of standing on the beach in a bathing suit, exposed to the sun and wind. It usually occurs early in the season on parts of the body unaccustomed to direct action of sunlight. Apply vaseline in which baking soda has been mixed.

TO RESTORE A DROWNING PERSON.—No time should be lost in getting the patient to a house, and work should be begun at once to restore respiration and animal heat. The pa-

tient should be turned face down, grasped by the hips and raised up so that any water in the air passages may run out. At the same time a finger should be inserted into the mouth to remove any seaweed or other matter which might be present and obstruct respiration. The body should be freed from any clothing which might bind the neck or chest, and laid on the back with some small object like a folded coat under the shoulders, in order to throw the head backward and straighten the windpipe. The angles of the jaws should be grasped in such a way as to push the chin forward. This presses the tongue forward and opens the air passage. This having been done in less time than it takes to write it, some one should stand or kneel behind the head of the patient, grasp the arms at the elbows, and

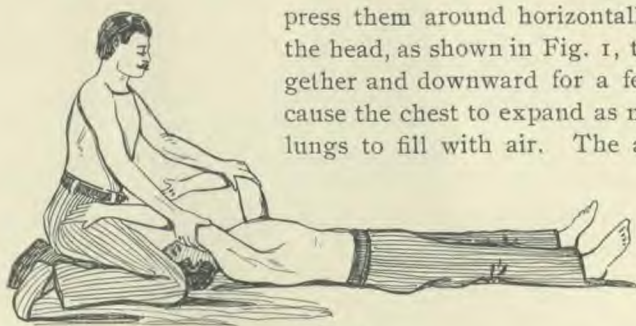


Fig 1

press them around horizontally until they meet above the head, as shown in Fig. 1, then press the elbows together and downward for a few moments, in order to cause the chest to expand as much as possible, and the lungs to fill with air. The arms should then be re-

turned to their position at the side of the chest and a strong pressure made downward and inward in order to compress the ribs and force the

air out of the lungs (Fig. 2). This step should not take so long as the other. These alternations should be made about sixteen times a minute in order to imitate natural breathing, the process being continued until breathing is restored or until some competent person has ascertained that the heart has ceased to beat. Do not depend on the pulse at the wrist, as it is often imperceptible even when the



Fig 2

heart is beating. *Do not give up too soon, for perseverance may save a life.*

While effort is being made to restore breathing, the wet clothing should be removed, the body being protected by a blanket and heated by hot bottles or other means. If it is on a sand beach, the heat of the sand may be sufficient. The restoration of breathing is the most important object to be obtained, the restoration of heat being next in importance.

When a table is at hand, the patient may be placed upon it with the head hanging over one end, the other end of the table being raised (Fig.

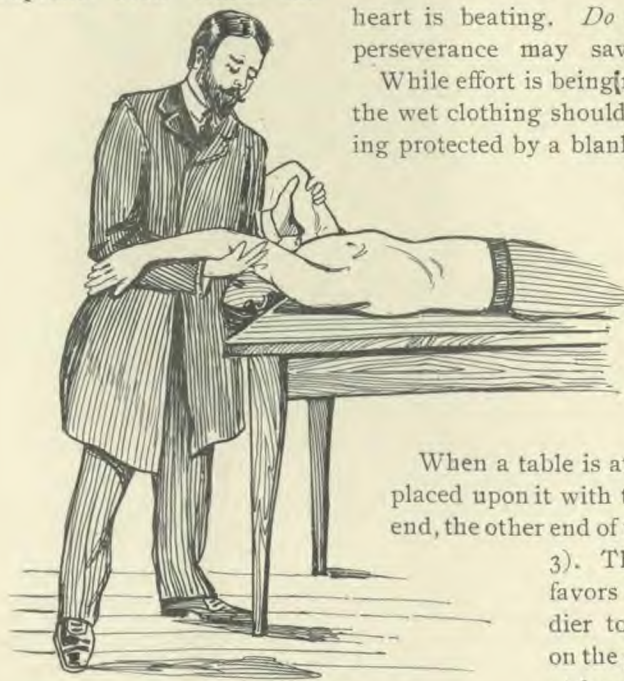


Fig 3

3). The low position of the head favors recovery, and it is handier to work over the table than on the ground, but if a table is not at hand, begin work without it. *Keep up the artificial breathing.*

Uses of the Full Bath in the Home

By Henrietta E. Brighthouse, M. D.

BATHING is one of the first requisites both for cleanliness and for the preservation and restoration of health. The once-a-week bath is not sufficient for the highest standard, a full tub bath or its equivalent three times a week, at least, being the better plan. There are those who seemingly thrive on a once-a-year bath, or possibly even once-a-lifetime. However, nature has a wonderful power of adapting herself to abuses and circumstances. If it were not for this, the human race would have been dead long ago.

The full bath is a very important measure in the treatment of the sick at home. With children especially the results are quick, and every mother ought to know how to use it for the ordinary diseases and ailments of childhood.

The graduated bath is probably the best form of full bath for home uses in fever. It can be used in all cases of fever, from whatever cause, and is especially serviceable for children. It is easily managed and is not attended with any danger. The patient is put into the bath at 98 to 100 degrees. The bath may be heated a degree or two more for about five minutes. It is then gradually reduced in temperature to 90 or 85 degrees. The surface of the body must be lightly and constantly rubbed, if chilly sensations appear, but the temperature must not be reduced to the point of causing decided chilliness.

Children respond quickly to impressions made on the nervous system by

treatment, and for this reason mild measures suffice. Furthermore they do not react to cold as well as a grown person, hence the temperature of the graduated bath for small children, at least, must never be reduced below 90 degrees, and sometimes not below 92 or 93 degrees. The time required for the graduated bath is 30 to 40 minutes. The more gradual the reduction of temperature and the longer the patient is in the bath, the better and more lasting will be the results in the reduction of the fever.

Another very valuable measure for reducing temperature is the prolonged neutral bath. The patient is placed in water at a temperature of from 92 to 94 degrees, or if that seems cool to the patient, it may be slightly warmer to begin with. What is neutral to one with a normal temperature may seem cool to one whose temperature is several degrees above normal. The terms warm, cool, and neutral are relative, depending on the condition of the skin. Water at 95 will feel warm if the hands are cold and will feel cool if the hands are warm. So that temperatures for treatment must not be arbitrary. Judgment and common sense must be used in addition to the thermometer.

The neutral bath, as its name implies, must be at a temperature which is neutral in its effects, 92 to 94 degrees usually fills the requirements. Neither the circulation nor the nervous system is excited or stimulated, so that the neutral bath is a powerful measure for quieting and calming the restless, fever-weary patient. The time re-

quired is from 45 minutes to one or two hours. A short neutral bath will have no effect to reduce the temperature.

The neutral bath is equally useful in nervousness from whatever cause, and in sleeplessness. The power of the neutral bath in quieting, calming, and resting is marvelous, and it has only to be tried to convince of its utility.

In giving the full bath care must be taken that the patient is comfortable, especially if it is to be a prolonged bath. A strained position or the effort to keep the head above water, may undo all that the bath might accomplish. Comfort may be secured by swinging a blanket or sheet in the tub and letting the patient rest on it.

The cold full bath is much used in fever, especially typhoid fever, but it requires much care and is unpleasant for the patient. For most cases the graduated bath fulfils all requirements and is more adapted to home use.

The cold bath may be used with much benefit and pleasure as a morning plunge for its tonic effect. Before

commencing the use of such a powerful measure, one should accustom himself to cold measures by the use of milder measures first, as the cold sponge, the cold towel rub, the cold spray, and the cold sitz. Having trained the system to react to these, the cold plunge can be used without any fear.

Another excellent tonic is the alternate hot and cold bath, or the hot bath followed by the cold pour. The hot bath is taken for ten to fifteen minutes. Then, the water being allowed partially to escape, cold water is let into the tub, the body being rubbed briskly as the cold comes in contact with it. Or at the end of the hot bath the patient stands up in the tub, while two or three pailfuls of cold water are poured over the shoulders.

Cold full baths and cold pours should not be used with small children, on account of their poor reaction; but tepid baths and moderately cool baths are highly beneficial. Children should be bathed frequently, the daily bath doing much to maintain health both of nerves and body.

Germ

By S. A. Lockwood, M. D., of the Portland Sanitarium

A WELL-KNOWN writer has said that the best way to keep well is not to take such exquisite precautions against any contact with disease, or with the causes of disease, but to make our bodies so hardy that contact or exposure can not affect us.

To be the possessor of such a degree of immunity would certainly be an ideal condition, one worthy of our best efforts to attain, but unless we

give heed to the hidden sources of danger and the ways by which we may avoid them, many of us will be swept away before we reach the goal.

The safest way is to obey strictly all of the laws of life, thus avoiding the greater number of predisposing causes of disease, and at the same time remember that discretion is the better part of valor, when we are in the presence of exciting causes.

Foremost among these exciting causes we find *germs*, as the various forms of bacteria are popularly styled. What are germs? and what is their mission in the great scheme of nature? Are they placed here to be the natural foes of mankind, to bring death and destruction to the race? Many persons may be found who dishonor a merciful Creator by entertaining such views. A closer examination reveals the fact that the healthy man is not attractive to the microbe, and that it is only when he strays far from nature in his habits of life, that he becomes a prey to its attacks. Then it is that his condition is a standing invitation to the germ of some acute or infectious fever, or the dreaded scourge of tuberculosis.

Hundreds of men during the last two decades have devoted their lives to a study of germs, and as a result of their researches we know that the number of varieties which prey upon man and the lower animals is very small compared with the greater number which exist in the soil and in the air, and are not harmful in any way.

It may be well at this point to speak of the distinction which bacteriologists make between those germs which obtain their supply of food from dead animal and vegetable matter, and those which can not maintain an existence except in the body of a living animal. The former class we speak of as saprophytes, the latter as parasites. With care we can grow some of these parasites independently of the body of a living animal, and this gives us good reasons for supposing that at some time in the past, they also belonged to the saprophytic group, but after obtaining a foothold

in the tissues of diseased men and animals, they lost the power to live under former conditions. This view is strengthened by the fact that there are several varieties which are capable of maintaining an independent existence, yet when they obtain entrance into the bodies of susceptible persons, they multiply with great rapidity, and in many cases cause death. Examples of this class are the germs of typhoid fever and cholera.

A large majority of those germs which cause disease in the human being gain an entrance to our bodies by means of contaminated air, water, or food. Aside from the precaution which one would naturally take by keeping aloof as much as possible from contagious diseases, one must depend upon his vital resistance as his best defense against germs which are carried in the air. We are not so much at their mercy when it comes to the question of food and drink, for every one knows that boiling will kill any disease germ in existence. Thousands of persons during the present summer and autumn will be prostrated upon beds of sickness, and other thousands carried to their graves, because they did not give attention to this simple precaution. If compelled to use water of questionable purity, *boil* it and thus save yourself a doctor bill or perhaps the expense of a funeral.

GOD makes our features, but we make our own countenances by our inward mental habits.

It is never wise to turn a blessing over to see if there is not a curse on the other side of it.

Is the Cigarette Evil Merely a Fancy?

By David Paulson, M. D.

IT is useless to deny that there is a large number of even good people who are inclined to regard the evils of the cigarette curse as a sentiment or fancy, and think that in reality but little harm arises from the cigarette habit. Even if I had never seen thousands of boys wrecking their nervous systems and ruining their brains and crippling all the useful activities of life by the use of tobacco in some of its forms, yet I should know its deadly properties from an experiment which I made years ago when a student in Bellevue, New York City.

A large cat persisted in making night hideous by its musical efforts, so I determined to make him the subject of an experiment, which I have never felt any inclination to repeat, although I am continually seeing thousands of boys who are virtually repeating the same experiment upon themselves.

I fastened the cat securely, and, taking the amount of fine-cut chewing tobacco that I could conveniently hold between my thumb and forefinger, I soaked it in a little water, and with an ordinary hypodermic syringe, I injected a small quantity of this fluid under the cat's skin. In a few moments it was attacked with cramps, which were followed by violent convulsions, and in just twenty minutes from the time I injected the poison, its proverbial nine lives went out all at once. What could kill a healthy cat in twenty minutes must certainly be harmful to the frail boy who persists in its use during the greater part of each day.

The minister of the gospel who ignores this evil or treats it lightly, is untrue to his trust, and will have to answer for his lost opportunities at the bar of God. The teacher, no matter how well she instructs the boy in the various mysteries of grammar and algebra, if she fails to teach him that tobacco is ruinous to his present good and to his future welfare, is unworthy to be intrusted with such responsibility. Men or women, in whatever position or calling, who wink at this gigantic evil and allow it to flourish in their presence without using their influence against it, can not be truthfully said to possess a genuine love for humanity.

Prof. J. W. Seaver, physical director of Yale and president of the Chautauqua School of Education, furnishes us some significant figures that demand serious reflection. He found that the non-tobacco-using students gained during their college years seventy-seven per cent more lung capacity than did the tobacco users. They also gained twenty-four per cent more in growth during the same term of years than the tobacco users. He had also observed that very few of the tobacco-using students attain to a high grade of scholarship. Other eminent educators have reached the same conclusion after the most careful and scientific observations.

Professor Seaver wrote recently: "It is a demoralizing influence only, and our race can not afford to undo the moral stamina that has been the choicest product of generations of practical and high endeavor. I greatly fear that if we do not make smoking

unpopular, it will not be many years before American women will be smoking; and why should they not if there is a surplus of benefit to a man above the debit of harm through its use?"

The enormous growth to which this cigarette evil has attained can scarcely be comprehended. One firm alone manufactures from seven to nine million cigarettes each day. Last year there were used nearly six billion cigars, seven hundred and fifty million little cigars, and two billion five hundred million cigarettes. The amount of money that went up in smoke last year amounted to nearly \$450,000,000.

Unfortunately, the tobacco evil does not stand alone, for in the most insidious manner it paves the way for the liquor habit and the drug curse. The drug fiend, a few years ago, was comparatively rare, but it can now be found in almost every community. An eminent eastern physician, who has good opportunity for extensive observation upon this subject, has stated it as his conviction that ten per cent of American physicians are habitual users of some form of opium.

The boy who has trained his nerves to demand the benumbing influence of tobacco is certainly more likely to demand something more effective as he reaches maturity. We may close our eyes to these evils and refuse to recognize their existence, but by so doing we are simply saying, as Cain did of old, "Am I my brother's keeper?"

One day in my office I was urging one of my patients very strongly to discontinue the use of tobacco so that his life might be spared that he could continue to fill his place in his family as well as in his community. As is frequently the case, the persistent use

of tobacco had already paralyzed his brain to such an extent that he was unable to appreciate the full force of what I was saying so that a suitable impression could be made upon his mind.

Glancing at the man's magnificent body, which was rapidly being debilitated by this insidious evil, I asked him, "Would you smoke in a church?" to which he immediately replied, "Oh, no; that is God's house!" I then called his attention to the divine declaration that our bodies are the real temples, that they are God's dwelling-place in a far truer sense than any church could possibly be. I assured him that he was virtually compelling God to smoke with him; for has He not declared, "Thou hast made Me to serve with thy sins"? Isa. 43:24. This gentleman immediately remarked that he had never heard of that before. He at once tossed his cigar into the wastebasket, and said he was done with tobacco.

Christ said, "Ye shall know the truth, and the truth shall make you free." This man would have hesitated to blow tobacco smoke directly into the face of a lady, and when he learned that every time he was inhaling tobacco smoke he was offering a direct insult to the Creator who dwelt within, that truth took sufficient possession of him to lead him to immediately change his course of action.

If a dog wants to bark you can keep him quiet by holding his jaws shut, but the bark is still in him. So when you give a man morphin, he may not know he is in pain, but the pain is still there.

Our Duty to Cooperate with the Health Giver. No. 2

By W. S. Sadler

OBEDIENCE THE PRICE OF SPIRITUAL AND PHYSICAL HEALTH.

IF thou wilt diligently harken to the voice of the Lord thy God, and wilt do that which is right in His sight, and wilt give ear to His commandments, and keep all His statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians; for I am the Lord that healeth thee." Ex. 15:26.

God has said that if we will "diligently" harken to His voice, and "do that which is right in His sight," He will save His people from the ravages of disease, and manifest Himself in their behalf as the One that "healeth." What is the voice of God? How and where does He speak to us? His voice speaks in the inner recesses of the heart; a voice speaks to us from the laws of health and life, which are written on the fibers of every muscle and nerve within the human body; from the stars in the heavens above; and from all the realm of nature in the earth beneath, there proceeds the voice of the Infinite, diligently admonishing us to harmonize with God and reap health. We are to do that which is right in *His* sight, not in our sight; not that which pleases our taste, or is acceptable to our perverted notions of health and happiness. Disease was permitted to come upon the Egyptians as a consequence of transgression, and now God promises to keep sickness away from His chosen people only as the reward,—the result,

—of obedience, as is clearly expressed in the following scripture: "But if ye will not harken unto Me, and will not do all these commandments; and if ye shall despise My statutes, or if your soul abhor My judgments, so that ye will not do all My commandments, but that ye break My covenant; I also will do this unto you: I will even appoint over you terror, consumption, and the burning ague, that shall consume the eyes, and cause sorrow of heart; and ye shall sow your seed in vain, for your enemies shall eat it." Lev. 26:14-16.

Some contend that spiritual obedience is sufficient to secure the reward of both moral and physical health. Some may teach that if we diligently harken to moral law, and do that which is right in His sight, spiritually, our physical health will be maintained, and God will manifest Himself as a physical healer in our behalf, regardless of our transgression of the laws of life and health. But such fail to recognize that nature's laws are parts of the law of God; and in thus discriminating they seek to make an arbitrary division of the divine laws, and clearly lay themselves open to the rebuke of God, as found in Mal. 2:6-9: "The law of truth was in his mouth, and iniquity was not found in his lips; he walked with Me in peace and equity, and did turn many away from iniquity. For the priest's lips should keep knowledge, and they should seek the law at his mouth; for he is the messenger of the Lord of hosts. But ye are departed out of the way; *ye have caused many to stumble at the law;*

ye have corrupted the covenant of Levi, saith the Lord of hosts. Therefore have I also made you contemptible and base before all the people, according as ye have not kept My ways, but have been *partial in the law.*" Those who are partial in the law, who fail to recognize the whole law, and do not yield whole obedience,—spiritual and physical obedience,—cause souls to stumble at the law, or, as the margin says, "fall in the law." In verse 6 we find the expression, "the law of truth." What is the law of truth?—It is the greater law, the whole law of God. The law of truth embraces every moral statute, every law of health, every requirement of love, justice, and mercy. The law of truth is a transcript of all that which is true and just and right, and must include the laws of life and health, as well as the moral statutes.

Obedience, then, is the price of spiritual and physical health. All true healing is clothed with the garments of obedience, and flavored with the spirit of truth. Where sin abounds, grace does much more

abound; and where sickness is, God's healing power is present in abundant measure. He who is sick in mind, or diseased in body, does not need to go around the world to find healing; nor is it necessary to go to some certain man, or to any particular place, to obtain true health and healing. Just as the sin-burdened soul may be converted and find peace anywhere in this broad world, so a soul may be healed as far as securing divine healing is concerned, anywhere, regardless of time, place, or surroundings, the only condition being that the one who desires healing shall turn to God,—come into harmony with the physical or spiritual law that has been violated. Institutions or individuals may help the health-seeker to find the lost path of obedience, and so help him to avail himself of healing. So the miracle of conversion and the miracle of health are identical; they are but different manifestations of the same healing power. They are both secured upon the same terms,—faith and repentance,—obedience.

995 McAllister St., S. F.

A Large but Unprofitable Crop

By the Editor

THE crop of baby funerals, like many other crops, is most abundant during the heated summer season. The time to sow for baby funerals is any time; though the quickest returns follow sowing in the spring or early summer. The summer's heat enables ignorance and carelessness to bring forth a luxuriant harvest.

A large proportion of deaths occur before the fifth year. Thousands perish who might be saved if parents

understood as much as the animals regarding the care of their offspring. Baby funerals were once thought to be necessary, but there is no more need of them than there is that the mothers of India should feed the Ganges crocodiles with baby food. The Indian baby, through superstition, was given over to the tender mercies of a huge reptile. The American baby, through ignorance, is often given over to the tender mercies of a

small microbe, and on the whole the Indian baby probably has the best time. I doubt not that if babies were given a choice of deaths, and could choose understandingly, they would prefer the rapid-transit method.

More babies die during hot weather than at any other time, and nearly all because of digestive disturbances caused by improper feeding, irregular or too frequent feeding, overfeeding, or by poor food,—food not containing the proper amount of nutritive material, not adapted to the child's digestive capacity, or not free from s.

The most common and usually the earliest symptom of indigestion is vomiting. The infant, fortunately, vomits easily; and that which is offensive to the stomach is frequently thrown off before it has had time to do much harm; but when the vomit is sour-smelling, fermentation has al-

ready begun, and part of the fermenting mass, instead of being vomited, is probably carried into the intestinal canal, to cause more mischief. Among the symptoms of bowel disturbance are frequent stools, becoming greenish and more offensive. As the intestinal walls are irritated, a catarrh is set up, and mucus is passed. Later the discharge may be clay colored. All this means a very bad condition of the bowels. Later on the period between meals should be gradually lengthened to three, four, and five hours, care being taken not to feed in too large quantities. The infant stomach can not hold more than a few teaspoonfuls. When it vomits it has probably had too much, and its future meals should be regulated accordingly.

(We are promised by Dr. Brighthouse a paper for the next number of the JOURNAL on "The Preparation of Artificial Food for Infants.")

Hygienic Dress

By Lauretta Kress, M. D.

IN fitting a dress, the human body should be studied instead of the latest fashion plate. The dress should be fitted to the body, not the body to dress.

The clothing should be arranged so as to allow the free, unrestricted use of every muscle of the body. It should not interfere with the free and healthful function of any organ. The respiration should be natural and unobstructed, allowing expansion of the lower lobes of the lungs as well as the upper, and permitting the diaphragm its upward and downward motion by which the free circulation of blood to the stomach, liver, and other vital organs is maintained.

All garments worn, including stock-

ings, should be suspended from the shoulders. Elastics around the legs to hold up the stockings interferes with the venous circulation of blood, producing varicose veins.

Every portion of the body should be comfortably protected. The extremities, which are farthest removed from the center of circulation, should have additional protection. How frequently we find this reversed—thin stockings or no stockings on the legs, thin shoes, and four or five thicknesses of clothing round the trunk and lungs! This deprives the extremities of their proper amount of blood, causing congestion of the lungs, stomach, and pelvic organs,—the uterus and ovaries,—and is undoubtedly responsible for much suffering.

It Pays

It pays to wear a smiling face
And laugh our troubles down;
For all our little trials wait
Our laughter or our frown.

Beneath the magic of a smile
Our doubts will fade away,
As melts the frost in early spring
Beneath the sunny ray.

It pays to make a worthy cause,
By helping it, our own;
To give the current of our lives
A true and noble tone.

It pays to comfort heavy hearts,
Oppressed with dull despair,
And leave in sorrow-darkened lives
One gleam of brightness there.

It pays to give a helping hand
To eager, earnest youth;
To note, with all their waywardness,
Their courage and their truth;

To strive, with sympathy and love,
Their confidence to win;
It pays to open wide the heart
And "let the sunshine in."

—*Lutheran Observer.*

The Duty of Cheerfulness

MOST persons will declare that if a man is not naturally cheerful he can not make himself so. Yet this is far from being the case, and there is many a man who is at present a weary burden to his relatives, miserable through the carking care of some bodily ailment, perhaps, or some worldly misfortune, who, if he had grown up into the idea that to be cheerful under all circumstances was one of the first duties of life, might still see a pleasant enough world around him. The discontented worries of a morose person may very likely shorten his days, and the general justice of nature's arrangement provides that his early departure should entail no long regrets.

On the other hand, the man who can laugh, keeps his health, and his friends are glad to keep him. To the perfectly healthy, laughter comes often. Too commonly, though, as childhood is left behind, the habit fails, and a half smile is the best that visits the thought-lined mouth of a modern man or woman. People become more and

more burdened with the accumulations of knowledge and with the weighing responsibilities of life, but they should still spare time to laugh.—*Selected.*

Old Age

OLD age usually creeps upon us unawares. We go on living as we have done in the past, eating, drinking, working, merry-making, with unabated vigor. We continue to waste our vitality and abuse our powers with the same scorn of consequences natural to youth. The result is that we make of old age a season of disease, infirmity, disability, which it need not be.

The man approaching sixty does not need as much food as he did at twenty or thirty, yet he often eats more. By that time he has acquired a cultivated palate, and enjoys the pleasures of the table more than when, as a young man, action of some kind engaged most of his attention. Consequently, the old man with epicurean tastes is piling up extra work for his aging heart and other vital organs to do, and is increasing nerve-tension.

He is sowing the seed of heart failure, cerebral apoplexy, or Bright's disease.

The old man is apt to suffer from constipation. This he must carefully guard against by dieting. The use of green vegetables, such as spinach, peas and beans, with fruit, especially apples, prunes, and figs, and an abundance of water, will usually keep the bowels in a soluble state. The old man must not eat too much meat, bread, or any concentrated food. When he becomes stalled, let him live on soup, broth, gruel, with vegetables and fruit, for several days, until the eliminating organs "catch up" with their work.

The old man should not apply himself exhaustively. He should do just enough work to give interest to his life, and should observe regularity in all things.

It is said that the old require less sleep. This is probably a fallacy. Age, in the healthy, resembles another childhood, differing from youth in the possession of wisdom, but similarly easily fatigued, and requiring the physical refreshment only to be obtained from sleep. A good nap every day before dinner, and an early bed are well for the old man. One who is unable to sleep, or to compose himself, should have his urine and his heart examined, should make some changes in his diet, and drink plenty of water.

The old man does not need a great deal of exercise, but he should have an outing every fine day. The sun is very good for old people. It warms them, vitalizes the blood, and quickens all the life processes.

Old people should not worry. This is a time when a life of well-spent

endeavor should culminate in perfect love and trust—a serene awaiting of the final act in life's drama.—*Medical Brief.*

Nature's Method

It is wonderful what advance the science of medicine has made in the past decade. Now consumption is to be treated by nature's own methods. The patients are to live in tents; these are to be circular in form, and are to have an open fire in the center. No matter how cold the weather, it is expected that the consumptives shall live in these tents during the entire time. They will have an abundance of felt blankets, felt sleeping-boots, and a jug of hot water, and will be allowed to eat three hearty meals a day. They may have coffee for breakfast and hot chocolate at any time.

This open-air life is expected to effect a cure. The patients will have nothing of the worries of the ordinary life, and only enough of its work to cause them to sleep well at night. And they will be almost sure to sleep well from the effects of the open air. Such a life quickly fortifies the bodily powers of these patients. It is said that the skin, hair, and nails toughen and thicken, and that pulmonary catarrh stops, hemorrhages cease, and that the consumptives are entirely cured.

Nature has her own remedies for the ills to which flesh is heir, and it is our province to search them out. Could we ask her, I believe she would tell us that pure air, healthful food, absence from worry, and laughter are her favorite remedies, or preventives, which amount to the same thing. We do not

laugh enough. Good, hearty laughter is often of more value than twenty doses of medicine.—*Ella Bartlett Simmons, in Farm and Fireside.*

The Banana as a Food

A WRITER in the current number of *Longman's Magazine* waxes enthusiastic over the possibilities of the banana as a food, and suggests that those living in temperate climes should avail themselves of its nutritive properties.

The banana is to the dwellers in tropical lands, and especially to the South Sea islanders, what oatmeal is to the Scotch peasant. The contributor to *Longman's* states that the banana as a form of nourishment can claim first place among vegetable products that are food for mankind, for it is twenty-five times as nutritive as the ordinary white bread eaten in this country, and forty-five times as nutritive as the potato. [(?) E.D.]

Moreover, it satisfies that other essential condition of a breadstuff, namely, the possibility of an easy and abundant production.

The suggestion of its advocate is that the banana, like wheat, should be dried and ground down into flour. Mills might be erected where it is grown, or within easy reach, and then, at the suitable time, the fruit could be gathered and dried, and transformed into flour. Banana bread has been voted excellent, is now made in Chicago, and might just as well be made in any other place, could the flour be obtained reasonably.

There would seem every reason in favor of the banana fruit being widely utilized as a food. In these days, when pessimists and even scientific men are warning us that the world's

supply of wheat may in the not far distant future become insufficient, the act would be a wise one to cultivate and to procure the nutritive breadstuff which the banana so bountifully provides.—*Dietetic and Hygienic Gazette.*

[The writer above mentioned is somewhat misinformed as to the comparative nutritive value of foods; otherwise his suggestions are good. The time will come when the banana will be much more freely used than it now is.—E.D.]

Food Value of Olives

"RIPE olives," says the *Dietetic and Hygienic Gazette*, "are a very nutritive and perfectly digestible form of food. The green olives of the market are quite the reverse of this. They are but slightly nutritive and are very difficult of digestion. Most people have never seen, much less eaten, a ripe olive. They buy those offered by the caterers—hard, green pickles, as unlike ripe, digestible, and toothsome olives as green, puckery crabapples are unlike ripe, tender greenings. Ripe olives are very dark, almost black in color. They are beginning to make their appearance in the markets, and to be appreciated.

"The green ones—Spanish and Italian chiefly, as found in the ornamented, punted, and delusive little jars—are merely tough pickles. The ripe ones, although kept in a strong brine as a preservative, are an edible fruit. One can take them as freely as grapes or plums. Most of these ripe ones come from California. It is to be hoped the Californians will so improve their methods of treating this valuable and delicious fruit that it will become an article of diet in every household."

WOMAN'S REALM

Conducted by Mrs. M. C. Wilcox

I Wouldn't Be Cross

I WOULDN'T be cross, dear, it's never worth
while;
Disarm the vexation by wearing a smile;
Let hap a disaster, a trouble, a loss,
Just meet the thing boldy, and never be
cross.

I wouldn't be cross, dear, with people at
home;
They love you so fondly; whatever may
come,
You may count on the kinsfolk around you
to stand,
Oh, loyally true in a brotherly band!
So, since the fine gold far exceedeth the dross,
I wouldn't be cross, dear, I wouldn't be
cross.

I wouldn't be cross with a stranger, ah, no!
To the pilgrims we meet on the life path, we
owe

This kindness, to give them good cheer as
they pass,
To clear out the flint stones and plant the
soft grass;
No, dear, with a stranger in trial or loss,
I perchance might be silent, I wouldn't be
cross.

No bitterness sweetens, no sharpness may
heal
The wound which the soul is too proud to
reveal.
No envy hath peace; by a fret and a jar
The beautiful work of our hands we may
mar.
Let happen what may, dear, of trouble and
loss,
I wouldn't be cross, dear, I wouldn't be
cross.

—Margaret E. Sangster.

A Wise Mother

"DON'T tell mother. She'll go off
into a fit if you do. There's not the
slightest danger, but she frets over
nothing."

The speaker was a boy of about
fourteen years of age, and his audience
consisted of several companions. As
he spoke, a lady happened to be pass-
ing.

"Frets over nothing!" she repeated,
as she went her way. "How many
mothers there are of whom that has
been said by their children, and with
truth!"

It is undeniably true that the moth-
ers who fret unnecessarily are not the
ones who have the greatest influence
over their children. The reason is
that, by allowing themselves to fret
over matters of very little consequence,

they are apt to lose their power of in-
fluence when it is really needed.

There is a wise mother whom we
know who is almost continually exer-
cised in her mind on account of her
extreme nervousness. One day a
lady visitor, making a casual call,
found her so restless as to be quite
unable to attend to her regular duties
about the house.

"What is the matter?" she asked.
"Is any one sick?"

"No," replied the mother, half
laughing, half crying; "and I suppose
I am very foolish. The truth is, my
boys have just erected a trapeze at
the back of the house, and I am
greatly depressed with the fear that
one of them may be killed."

"Why don't you compel them to

take it down, then?" said the visitor. "I should like to see myself worrying about a trouble that could be so easily removed. You are surprisingly weak and foolish about those boys of yours."

Her voice was so full of scorn that it aroused the mother's spirit, and, taking her visitor to the window, she pointed to a group of boys whom she had just caught sight of.

"Isn't that boy in the brown cap yours?" she asked.

"Yes," was the reply.

"And who are the other boys?"

"I really don't know; how should I?"

"I do. They are Tom Burgess and Dick Styles, two of the worst lads in the place. It would hurt me," she continued, "to have my boys seen in their company. I prefer to run the risk of their falling from the trapeze; the danger is no greater."

The visitor turned, with a very red face. "You have taught me a lesson," she said. "Yet I do not see why, in our endeavor to keep our boys at home, we should allow them to have amusements which are a source of worry to ourselves."

"Very nervous people can not stand every sort of boyish play," returned

the mother with a significant smile.

"I know that I am naturally nervous, and disposed to find danger in everything. I also know that it is perfectly natural for healthy boys to enjoy play in which there is an element of danger, and that they will be sure to engage in it some time, with or without consent. If my boys must perform on a trapeze, I would rather it should be at home, where I can give them immediate attention in case of an accident; and as I have concluded to accept it as one of the lesser evils, I do not intend to spoil their enjoyment by letting them see how nervous it makes me."

"Well, I believe your boys are wonderful stay-at-homes," said the visitor thoughtfully.

"And I know that I have their confidence," replied the mother. "They call me a 'right good fellow,' and say that I am as good as a boy any day. They would be surprised if they knew how much trepidation I have endured in my efforts to enjoy with them what they call 'jolly good fun.'"

This simple incident needs no comment. There are surely some mothers who need the useful lesson it teaches. —*Selected.*

Self-Surrender Brings Happiness

By Mrs. M. C. Wilcox

FOR several reasons it was not thought best for the eldest son, a boy of fourteen, to spend any money this year in firecrackers.

The boy had not looked into the matter carefully, had not talked it over candidly with his parents, and, therefore, had some very positive plans for the Fourth. But before going to make

the necessary expenditure of money, to bring the long-looked-for pleasure, he did decide to talk it over with his mother.

His mother, after listening to his plans, mildly asked if he thought that would be a wise way to use his money just at this particular time, when the church, of which he was a member,

had made such an earnest plea for money for a certain missionary enterprise, and for which a collection was to be taken up on July 5.

The son, anticipating this argument, and perhaps feeling a little voice down in his own heart gently pleading with him to deny himself the fireworks for the sake of helping to kindle a light with which this could not be compared, felt irritated, and broke forth into strong, reproachful words, and stoutly rebelled against such martyrdom.

His mother, feeling that it was no time for a war of words, said little, but in a quiet, persuasive tone asked if he could not enjoy the other boys' firecrackers without having some himself. If it was simply the noise he longed for, why could he not? He assured her he could not. He must make it himself to enjoy it. Then he must spend his money and find his happiness in the lighted punk, with which to light the fire that would bring the noise. Whether it was the way it was

put that brought the conviction of the sensuousness of the happiness is not known, but he softened. Then the mother used her most persuasive arguments to help her son to appreciate something of the depth of the happiness that would come to his heart by giving up his cherished plan and giving that money for the grand and holy work of spreading the gospel of Christ.

He was almost persuaded, but his carnal heart again arose and struggled hard for supremacy.

The mother said: "You may have the desire of your heart, my son; there is no force to be used in the warfare. We can not compel. You are a free moral agent; do as you desire. Get your firecrackers, and be happy."

This was enough. After a little time of meditation, he said: "You have won, mama, as you nearly always do. I could not enjoy them now if I had them. I have gotten a glimpse of the truer, higher happiness, and nothing so sensuous can satisfy."

Unleavened Bread

By Mrs. A. C. Bainbridge

TELL me, why take all the trouble to make yeast and put it into bread dough to leaven it; then after the bread is baked, cut it up and bake it again to take the leaven out of it, when unleavened bread is made so easily?

It is cheaper in time, fuel, and ingredients. It is sweeter, and very easily digested.

Have a good fire, your oven very hot, and the iron gem-pans in it heating.

A pint of cold water with graham flour to thicken, makes twelve good-sized gems. The colder the water, the better your gems will be. Turn the water into a deep earthen bowl and sprinkle the graham flour into it with one hand, while you beat it with a wooden or granite spoon with the other. Sift the flour in, if you like it finer, and stir to the bottom of the bowl with every movement of the spoon. Continue sifting and beating until you have a dough that will drop

easily from the spoon. Take your hot gem-pans from the oven and put them on the stove where they will keep hot. Wipe each little cup with an oiled swab or cloth, and drop the dough by spoonfuls into them until all are filled.

Replace in the oven on the grate on the hot side of the oven. You kept your oven door shut while you were filling your pans?—That is right. You want heat, and an abundance of it, to make your gems light.

When they have been on the grate about ten minutes—or until they have formed a good brown crust—place on

the floor of the oven and bake about twenty minutes more. If your pans are large and deep they will require more time; if very small and shallow, allow less time. Keep your oven closed all the time to keep the heat in.

Different brands of graham flour thicken differently.

I use neither salt, sugar, eggs, nor milk, but make them just as simply as this. You will find them delicious, and, though the fire is very hot, it is only for a little time, and does not use as much coal as to bake leavened bread.

How to Punish Children

PUNISHMENT, like reward, must be adapted to the feelings and pleasures of the child, and, therefore, few absolute rules can be laid down for its regulation. For bold-spirited children restraint in a closet may be useful, but for a timid child it will be hurtful. A child who likes eating may be punished through his stomach; one who is anxious to possess may be denied the object of his wishes; one who is selfish and quarrelsome may be obliged to play alone, and not permitted the advantages of uniting with the companions to whom he has behaved badly.

But whatever the kind of punishment, it must be administered as an act of justice and necessity, not as the effect of revenge or anger. Otherwise the child believes himself punished because his nurse or mother is cross, not because they have found it necessary to restrain his evil disposition.

The incessant scoldings and upbraidings usually heard among persons

who, from ignorance or disinclination, are unfit to bring up children, are very injurious. The little ones may hear the everlasting phrases, "Don't do so!" "Let that alone!" "Be quiet!" "Don't make such a noise!" "How tiresome you are!" "I never saw such a child in my life!" "I'll tell your mama!" but they soon cease to regard them, and by such a means the habit of disobedience is early taught and confirmed.

TALK health; the dreary, never-ending tale
Of mortal maladies is worn and stale.
You can not charm or interest or please
By harping on that minor chord, disease.
Say you are well, or all is well with you,
And God shall hear your words and make
them true.

—*Ella Wheeler Wilcox.*

"Do you wish for a kindness? Be kind.
Do you wish for a truth? Be true.
What you give of yourself you find—
Your world is a reflex of you."

EDITORIAL

To Lessen the Effects of Summer Heat

CALIFORNIANS may not need to profit by the suggestions in this article; for, though the mercury rises almost out of sight, as it were, the air is usually dry, the nights cool, and the brief heated spell, rarely more than three days, is followed by a period of cool weather.

But where the air is moist and the heat long continued, the result is sometimes extreme enervation, followed, it may be, by diarrhea or other disorder. Warm weather favors decomposition and the rapid growth of microbes. In some places, food cooked for one meal, if left over, is spoiled before the next meal. Left-over food, even if it does not, by smell or taste, reveal the presence of decomposition, may, nevertheless, be rich in germ life. Taken into the stomach, it may, by starting a rapid germ growth, result in the production of poison, irritation of the intestinal walls, and a dangerous diarrhea.

Germs, especially those forms which are dangerous to man, are, as a rule, at their best estate in summer, and ready to attack man, who, on account of the lowered vitality brought on by the great heat, may be less able to withstand their attacks. Two very important points to consider, then, are, (1) how to avoid the enervating effect of the heat, (2) how to prevent infection of the intestinal tract.

We will consider the latter point first; no food should be eaten which has stood some time after having been cooked. Under-ripe and over-ripe fruit should be discarded. Mixtures, such as fruit and vegetables, fruit and

milk, milk and vegetables, should be avoided.

Devices for reducing temperature which are not adapted to those of limited means, need not be considered here. One of the best ways to reduce temperature when the air is dry, is by means of evaporation. A sheet hung up in the room in such a way that it will be exposed as much as possible to a current of air, should be kept constantly wet. As it dries, it will abstract a large amount of heat from the surrounding atmosphere and may reduce the temperature as much as ten degrees. A sheet, blanket, or other cloth can be hung out of the window and kept wet. To keep the cloth constantly wet, one end may be placed in a vessel of water so that the water flows into the cloth by capillary attraction, as coal-oil into a lamp wick.

On the sunny side of the house, the porch and ground may be kept sprinkled by means of a hose or lawn sprinkler. In exposed places where water is rapidly licked up by scorching heat, it may be thrown on the porch by the pailful without the aid of a sprinkler. In most sultry weather, these methods will be of little avail.

The heat of summer and the cold of winter are less felt in brick buildings or buildings having double walls with an air space between, especially if the air space has openings above or below so as to allow an upward current of air. Then as the air is heated by the outer wall, it rises and is replaced by cooler air, so that the heat is carried out with the air instead of being transmitted into the house.

An excellent way to lower the temperature of the air is to have foliage on the sunny side of the house. Hop vines, which are rapid climbers, with large leaves, spreading all over the side of a house within a few weeks, and dying down in the fall, are excellent plants for this purpose, but there are many other plants which answer as well. Something should be chosen which can be removed during the winter months. If shade trees are planted, they should be some light-limbed, deciduous variety, so as to make little or no shade in winter. But while the shade trees are growing, the desired effect may be obtained by means of creeping vines.

The lower rooms of a house are cooler than the upper rooms both in summer and in winter, so, for comfort, one might choose an upper room for winter and a lower room for summer, if he has a choice.

Other means of reducing the temperature are the bath, suitable clothing, selected dietary, and regulated exercise.

A cold bath is an excellent means of reducing temperature, but should be continued until the tendency to react is overcome. If one leaves the bath too soon, he will soon feel warmer than before the bath. It is best to get into water having a temperature slightly lower than the body and gradually reduce the temperature to the required point, the bath occupying, say, one-half to three-quarters of an hour. The effect will be felt for several hours afterward.

The clothing may consist of one layer only, rather loose, and so arranged at neck and waist as to permit free circulation of air. One who

in an undershirt, shirt, vest, and coat, suffers untold tortures from the heat, will, in one garment, be quite comfortable. For material, linen is, perhaps, preferable to anything else, and as a rule white or some light color is better than dark.

The inhabitants of warm countries dress, eat, and exercise to suit existing conditions. The food in hot weather should not be rich in carbonaceous material, but should be watery, furnishing bulk with a comparatively small amount of nourishment. Fruits are excellent for this purpose, and in hot countries they are usually in great abundance. To a Greenlander, blubber and tallow candles are excellent dishes, but to a native of the tropics, lemons and other light fruits answer the purpose far better. Butter and eggs, meat and mushes, in fact, all heavy carbonaceous foods, are better dispensed with in summer, as they serve to keep up the fire which we are trying to extinguish by external means.

Natives of the tropical countries do their work in early morning and late evening, resting during the hot part of the day. Should we follow this custom in hot weather, we would be much more comfortable and could accomplish more.

Double-walled houses, brick houses, lower floors, sprinkled sheets, porches, and grounds, cold baths, light clothing, light diet, exercising during the cooler part of the day only—these are the most efficient means of keeping cool during the hot weather; and care in the selection of foods will lessen the danger of summer diarrhea.

PATIENCE is a plaster for all woes.

A Good Work in San Francisco

FOR two years or more a work has been going on in San Francisco, looking toward the establishing of a free dispensary for the afflicted middle classes of that city. One reason why it has not already been put in working condition is the state of finances of its promoters. It is really a church undertaking, but the members of the church are all in moderate circumstances, and, not willing to launch a project which would involve them in debt, they have moved along with their enterprise only so fast as means have accumulated for the purpose.

At first it was thought necessary to rent some building in a central part of the city, in which to carry on the work, but as no suitable place could be found without paying enormous rents, it was decided to fit up for the proper treatments the basement of the church, and so have at least this part of the structure open six days in the week, and have it minister good to the needy.

The fitting-up process is now nearly completed, and it is expected that by next month the dispensary will be in full operation. A doctor and nurses will be in attendance to look after the needs of the sick who are too poor to visit a sanitarium and pay for the regular treatment such places provide.

Not only will rational treatment be provided for visitors to the dispensary, but lectures of instruction in how to care for the sick will be given. Indeed, it is designed to make this place one where the afflicted may find both physical and spiritual help. More will be said about this enterprise as its work advances. Its location is in

the basement of the Seventh-day Adventist Church, on Laguna Street, between McAllister Street and Golden Gate Avenue. It is a worthy enterprise, and deserves the good will of all charitably-disposed people. As it will require a constant outlay of means for operating expenses, contributions to the work will be gladly received. Remittances may be sent to W. S. Sadler, 995 McAllister Street, San Francisco, or to the *PACIFIC HEALTH JOURNAL*, Pacific Press, Oakland, Cal. c.

Cancer Cure by X-Rays

REPORTS from Massachusetts indicate that a positive cure has been found for cancer in the application of the X-rays. Dr. R. G. Southwick, of Boothby Hospital, reports to the Massachusetts Medical Society that he has found this treatment apparently to effect cures which the old methods have never secured. He says that, from his observation and experience in his work, he believes cancers, tumors, lupus, and tuberculous glands may be cured in all cases where the X-rays can be directly applied.

The doctor modified his report somewhat by saying that it was too soon to say with scientific certainty that all the cases which had yielded to the treatment were absolutely cured, but he felt safe in saying most positively that in general cases X-rays were far superior to the surgeon's knife. A remarkable thing about the cases reported is the rapidity with which the results were obtained. The worst phases of cancer disappeared in three to four days, all pain ceased, and the patients passed from positive suffering to almost perfect ease. In view of this it is not so strange that physicians in

that vicinity regard the discovery to be of world-wide importance. The ravages of cancer have become so prevalent and severe that it is dreaded on every hand. Every appearing pimple is jealously watched for cancerous symptoms, and relief of mind is found only when the suspicious blotch has taken its departure.

It is well, then, that some means of successful treatment are being discovered by which to destroy the malignity of the foul disease. But how much better to cultivate pure blood by right habits of living, and so avoid the necessity of undergoing the heroic treatment necessary to cure such afflictions!

c.

Work Cure for Rheumatism

It is stated by some rheumatic cure specialists that an excellent auxiliary in the treatment of the hands, liable to stiffness from this disease, is knitting, after the good old fashion of our grandmothers' days. The use of knitting needles in this way limbers up the hands and so prevents permanent injury to the fingers. This exercise is also recommended for those liable to cramp, paralysis, and other afflictions of like nature, which affect the fingers.

In view of this it would be well for the younger generation, some of whom have scarcely seen the old-time steels on which were once fashioned all the stockings worn, to learn the nearly-forgotten art, and so save themselves from possible stiffness of the finger joints. If one has no fear of rheumatic trouble, it might be well to engage in the enterprise as a diversion for the

nerves, since it is recommended for this, and for insomnia and depression of spirits as well.

c.

The Difference

THE longer I live, the more I am certain that the great difference between men, between the feeble and the powerful, the great and the insignificant, is *energy, invincible determination*,—a purpose once fixed, and then death or victory. That quality will do anything that can be done in this world; and no talents, no circumstances, no opportunities, will make a two-legged creature a man without it.—*Buxton*.

THE following simple means of testing the air of sleeping apartments and dwelling-rooms for dampness will be found accurate and very useful:—

Spread in a tin pan two pounds of fresh quicklime broken into small bits. Place the pan in the room to be tested, tightly closing all doors and windows. At the end of twenty-four hours weigh the lime; if it is found to have increased in weight more than half an ounce, the room must be considered unfit for a living or a sleeping-room on account of the dampness. Of course, if the walls give to the hands a sensation of dampness, or if mold grows upon the walls, this alone furnishes evidence for the condemnation of the room as insanitary.—*Dr. J. H. Kellogg, in Good Health*.

MORAL courage is a more splendid quality in any man than soldierly courage, splendid as that may be.

GOOD management is better than a good income.

HOUSEHOLD HINTS

What Housekeepers Should Know

BOILING water will remove fresh fruit stains if used before the clothes are laundered.

IF the color has been taken from silk by acids, it may be restored by applying to the spots a little hartshorn or sal-volatile.

TWO teaspoonfuls of salt in half a pint of tepid water is an emetic always on hand, and is an antidote for poisoning from nitrate of silver.

BROWN linens simply look faded after a few times laundering, unless washed in hay water, which helps them to retain their natural color.

AN old black dress of wool or silk which needs remodeling should be carefully ripped, brushed, and sponged with soap-bark water. If the color has become somewhat dingy, it can be restored in this way.

MILDEW can be removed from white cotton goods by rubbing the spot with lemon juice and salt and exposing it to the hot sun. It is sometimes necessary to repeat this three times, but it is almost always effectual.

ONE or two applications of lemon juice and salt to rust spots in cotton cloth will remove iron-rust, and is much safer than a solution of oxalic acid; for this last must be used very carefully or the cloth will be rotted.

To clean brass fixtures, rub them with slices of lemon, then wash in hot water.

Polished floors should be wiped clean with a damp cloth; then, when dry, rubbed with beeswax till bright.

In selecting flour for bread or pastry, look to the color. If it is white with a pale straw tint, buy it. If it is white with a blue tint, have nothing to do with it.

To keep black stockings from crotching, soak a few hours in warm water with a handful of coarse salt in the water. Some housekeepers prefer to put a teaspoonful of ground black pepper into the water in which they are rinsed.

IN washing a print or lawn gown where there is danger of fading, put a little bag of beef's gall into the water, or wash it in bran water. The water is easily prepared by pouring boiling water over a few quarts of bran and straining it.

OILCLOTHS should never be washed in soapsuds, as the soap loosens the paint and spoils the varnish. Clear water will answer, but a little skim milk added to the water greatly improves it. An oilcloth which is varnished every year lasts enough longer to pay.

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

Address all business communications to PACIFIC HEALTH JOURNAL, Pacific Press, Oakland, California.
Send contributions to G. H. Heald, M. D., Sanitarium, California.

VOL. XVII.

OAKLAND, CAL., AUGUST, 1902.

No. 8.

THE address of the editor, G. H. Heald, M. D., is now Sanitarium, Cal.

THE JOURNAL may now be obtained at many bookstores. Your local bookseller will gladly get copies for you if you desire them.

ALL articles for the JOURNAL should be in the editor's hands by the first of the month *preceding* its intended appearance. Otherwise they are not certain to appear at the time desired.

MANAGER E. G. FULTON, of the San Francisco Vegetarian Cafe, has established a cafe at Fourth and C Streets, San Diego, Cal. Mr. Simon Peter, formerly of the Pacific Press Publishing Company, has been placed in charge.

It has been the intention for some time past to conduct a question department in the JOURNAL relating to the home treatment of disease. We hope to have this appear next month. The editor will be glad to receive questions from patrons of the JOURNAL, in which will be clearly stated the case for which a prescription is

desired. Send all such communications to G. H. Heald, M. D., Sanitarium, California.

OUR business manager, who has just returned from a trip north, reports that the business men of Portland are encouraging in a substantial way the erection of a more suitable building for sanitarium work; that the night he arrived in Seattle he was told by the manager of the treatment rooms at 612 Third Avenue, that the day's business had been the largest in its history. The Good Health Restaurant, located in the same block, was being liberally patronized. He accompanied Mr. C. W. Enoch, a graduate nurse from the Portland Sanitarium, to Vancouver, B. C., where he believes Mr. Enoch will successfully establish sanitarium work. On asking Elder A. J. Breed, of the Spokane Sanitarium Board, the condition of their work, he was told that "patients were hanging out of the windows." While this statement may be somewhat figurative, it indicates the fact that the facilities of the Sanitarium are being taxed to their utmost to accommodate its patrons.

POLYTECHNIC BUSINESS COLLEGE

Twelfth and Clay Streets, Oakland, California



EMBRACES the following schools and colleges: The College of Business Training; School of Shorthand and Typewriting; College of Mathematics; School of Electricity; School of Telegraphy; School of Civil and Mechanical Engineering; School of Manual Training; School of Penmanship, and School of Mechanical and Architectural Drawing.

The Polytechnic Business College of Oakland stands at the head of the business colleges of the Pacific Coast by reason of its superiority in all that pertains to a modern business or practical education. Three entire floors of this magnificent building are occupied by the school. The location and equipment of the college are beyond question, features which are unequalled by any business college in California.

We can assure the young men and women of California that in the Polytechnic Business College of Oakland they will find all that is best, most modern, and up-to-date in the leading business colleges of America.

Our students are to be found in many of the leading commercial houses of the state and coast. They are sought by business and professional men who desire high-grade help. One company in San Francisco alone employs thirteen of our graduates. No other business college in California can point to such a record.

YOUNG MEN AND WOMEN going away from home to attend school should investigate the advantages offered not only by the high standard of excellence of the Polytechnic, but by the pleasant climate, the home-like influences, and the educational environment of Oakland, which is the educational center of the coast.

SEND FOR FREE ILLUSTRATED CATALOGUE

Address, **POLYTECHNIC BUSINESS COLLEGE, Oakland, California**

PURITY BOOKS

*The way to purity is
through knowledge*

The Self and Sex Series

Has the unqualified endorsement of Dr. Joseph Cook, Rev. Chas. M. Sheldon, Rev. F. B. Meyer, Dr. Theo. L. Cuyler, Dr. F. E. Clark, Bishop Vincent, Anthony Comstock, "Pansy," Francis E. Willard, Lady H. Somerset, Eminent Physicians, and hundreds of others

BOOKS TO MEN

By Sylvanus Stall, D. D.

What a Young Boy Ought to Know
What a Young Man Ought to Know
What a Young Husband Ought to Know
What a Man of 45 Ought to Know

BOOKS TO WOMEN

By Mrs. Mary Wood-Allen, M. D.

What a Young Girl Ought to Know
What a Young Woman Ought to Know
\$1,000 Prize Book, by Mrs. Emma F. A. Drake, M. D.
What a Young Wife Ought to Know

Publishers' Price, \$1.00
per volume

One copy sent with
one year's subscription
to **PACIFIC HEALTH
JOURNAL, \$1.00**

Address
PACIFIC HEALTH JOURNAL
Oakland, Cal.

HELPFUL HINTS

*On the International Sunday-School
Lessons for July-December, 1902*

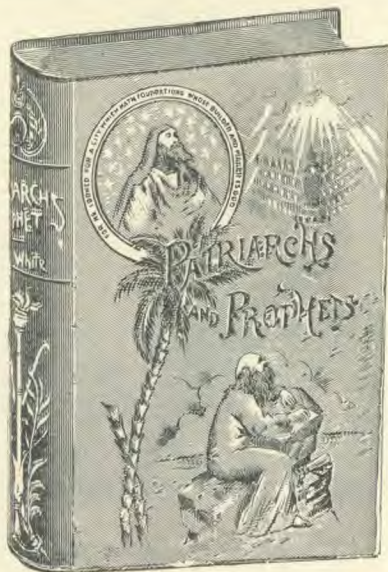
Patriarchs and Prophets

A most interesting volume, treating the same themes as are considered in the International Sunday-school lessons, from July to December, 1902.

An invaluable help to every teacher and student of the Sunday-school series, furnishing much assistance in their preparation not to be found elsewhere.

The book contains over 760 octavo pages, and is nicely illustrated.

English cloth, marble edges, \$2.25; cloth, gilt edges, \$2.75; library, marble edges, \$3.00; half morocco, gilt edges, \$3.50; full Turkey morocco, extra finish, \$4.50.



Agents wanted everywhere to take up the sale of this important book.

Pacific Press Publishing Company

11 W. 20th St., New York
N. Y.

OAKLAND, CAL.

18 W. 5th St., Kansas City
Mo.

The Only Perfect Visible

Typewriter



Received the Highest Award and the Gold Medal at Pan-American Exposition.
Endorsed and used by the U. S. Government and by all up-to-date operators.
Send for illustrated catalogue.

R. E. REVALK & CO.

Agents

129 Montgomery St., S. F., Cal.

Metal Badges

Metal Signs



Metal Checks

Steel Stamps

Be a Vegetarian, and be stronger, healthier, happier, clearer-headed, and save money. Learn about vegetarianism through the **VEGETARIAN MAGAZINE**. Send \$1.00 for year's subscription, or 10c for one month.

The Vegetarian, 78 Madison St., Chicago

Garden City Sanitarium

SAN JOSE, CAL.

LEWIS J. BELKNAP, M. D.
Superintendent

Pacific Health Journal

IN CLUBS

Those desiring to use the **PACIFIC HEALTH JOURNAL** in clubs may secure them at the following rates:—

No. Copies	One Year	Six Months	Three Months
5	\$ 1 50	\$ 0 75	\$ 0 38
10	3 00	1 50	75
15	4 50	2 25	1 13
20	6 00	3 00	1 50
25	7 50	3 75	1 88
30	9 00	4 50	2 25
35	10 50	5 25	2 63
40	12 00	6 00	3 00
45	13 50	5 75	3 38
50	15 00	7 50	3 75
55	16 50	8 25	4 13
60	18 00	9 00	4 50
65	19 50	9 75	4 88
70	21 00	10 50	5 25
75	22 50	11 24	5 63
80	24 00	12 00	6 00
85	25 50	12 75	6 38
90	27 00	13 50	6 75
95	28 50	14 25	7 13
100	30 00	15 00	7 50

Payments should be made quarterly in advance; if possible, although if it is not convenient to pay in this way, we will try to arrange it so that no church nor society need go without **JOURNALS**.

ADDRESS

PACIFIC HEALTH JOURNAL

OAKLAND, CAL.

JAMES S. WATSON, *President*
Chicago, Ill.

NATE R. SALSBURY, *Vice-President*
New York

STEPHEN G. PALMER, *Secretary*
Minneapolis, Minn.

A. J. HECHTMAN, *Vice-President*
San Francisco, Cal.

JOHN R. ADAMS, *Treasurer*
Chicago, Ill.

Porter Brothers Company

RECEIVERS, PACKERS and SHIPPERS
CALIFORNIA DRIED FRUITS
Prunes, Raisins, Nuts,
Honey, Etc.

Corner Washington and Drumm Sts.

A. W. PORTER }
D. H. PORTER } *Managers*

SAN FRANCISCO, CAL.

Pillsbury's Best **FLOUR**

Leads the World



For Sale to the Trade Only by

PENNELL-SUYDAM CO., Wholesale Grocers

14-16 Spear St., San Francisco

BATTLE CREEK SANITARIUM

ACKNOWLEDGED to be the oldest and most extensive sanitarium conducted on rational principles in the United States. It has the special advantage of an elevated and picturesque site and remarkably salubrious surroundings.

Artificial climate
for those needing
special conditions

A lakeside resort
steamers, sail boats
row boats
bathing, etc.

A fine gymnasium
with trained directors

Thoroughly aseptic
surgical wards and
operating rooms

All the conveniences
of a first-class hotel



Everything an invalid needs

Special dietaries prepared as
directed
Electricity in every form
Massage and Swedish movements
by trained manipulators
Pneumatic and vacuum treatment
Mechanical appliances of all sorts
Classified dietaries
Unequaled ventilation
Perfect sewerage

Baths of every description

The institution affords facilities
for Turkish, Russian, electric
vapor, and water baths of all kinds
the electric light bath, and a
large swimming bath

*Incurable and offensive patients
not received*

*Trained nurses of either sex
furnished at reasonable rates*

For Circulars, Address

BATTLE CREEK SANITARIUM, Battle Creek, Michigan

DIRECTORY OF *Pacific Coast Sanitariums*

ST. HELENA SANITARIUM St. Helena, California <hr/> A. N. LOPER, M. D., Medical Superintendent	SEATTLE BRANCH BATTLE CREEK SANITARIUM 612 Third Avenue _____ Seattle, Wash. <hr/> A. Q. SHRYOCK, M. D., Manager
PORTLAND SANITARIUM Portland, Oregon <hr/> W. R. SIMMONS, M. D., Superintendent	SAN FRANCISCO BRANCH ST. HELENA SANITARIUM 1436 Market Street _____ San Francisco, Cal. <hr/> R. A. BUCHANAN, M. D., Superintendent
MOUNT VIEW SANITARIUM Spokane, Wash. <hr/> I. A. DUNLAP, M. D., Supt.	SACRAMENTO BRANCH ST. HELENA SANITARIUM 719½ K Street _____ Sacramento, Cal. <hr/> G. A. DROLL, M. D., Superintendent
LOS ANGELES SANITARIUM 315 West Third Street _____ Los Angeles, Cal. <hr/> F. B. MORAN, M. D., Superintendent	EUREKA BRANCH ST. HELENA SANITARIUM _____ Eureka, Cal. <hr/> C. F. DAIL, M. D., Superintendent
SANTA BARBARA SANITARIUM Corner Santa Barbara and Victoria Streets SANTA BARBARA, CAL. <hr/> W. HARRIMAN JONES, M. D. Manager	TACOMA BRANCH BATTLE CREEK SANITARIUM 706 C Street _____ Tacoma, Wash. <hr/> DR. T. J. ALLEN, Medical Superintendent

DIRECTORY OF *Pacific Coast Vegetarian Restaurants*

VEGETARIAN CAFE 755 Market Street <hr/> SAN FRANCISCO _____ CALIFORNIA	VEGETARIAN RESTAURANT 315 West Third Street <hr/> LOS ANGELES _____ CALIFORNIA
GOOD HEALTH RESTAURANT 616 THIRD AVENUE Seattle, Wash.	

A brain and muscle building food for big, strong men and little babies. It requires no cooking, always ready for use

Granola

Gluten is the element in the grains that repairs the waste of tissue from brain, nerve, and muscle work. Granola is rich in gluten, being made from carefully-selected wheat, corn and oats, the first of which (wheat) contains a large per cent. of gluten. Granola is easy of digestion for old and young alike. A good food for growing children

ASK YOUR GROCER

ST. HELENA SANITARIUM FOOD CO., St. Helena, Cal.
PORTLAND SANITARIUM FOOD CO., Portland, Ore.
WALLA WALLA FOOD CO., Walla Walla, Wash.

A Weekly Paper for the Children

OUR LITTLE FRIEND



It contains articles and lessons on the following and many other practical subjects:—

Helping Mother in Many Ways

How to Build Up and Keep Strong, Healthy Bodies, or some lessons on Physiology and Hygiene

Homes without Hands: How Insects and Animals of various kinds build their homes

Birds, common and of the Bible Animals of the Bible

Common Things, such as Salt, Sugar, Bread, Air, Water, etc.

These, and other articles, poems, and illustrations, will make *Our Little Friend*, we hope, the best paper on earth for children.

Price, Fifty Cents a Year

Address, OUR LITTLE FRIEND, Oakland, California