

PACIFIC HEALTH JOURNAL

Thanksgiving

C. M. SNOW

Sing it ye tribes of the teeming earth,
And ye winds that are wandering free,
A carol of praise to the Ancient of Days
For the fruit of the vine and tree.



From dew to dew the long day through,
We have toiled on the sun-swept plain;
With horny hand we have tilled the land,
Or scattered the golden grain.



Echo it hills, and ye romping rills
That babble your shores along,
Your praises sing to the risen King
In our glad Thanksgiving song.



SIGNS OF THE TIMES

Those of our readers who followed the articles of

Dr. Mary Wood-Allen

on "The Child," from infancy to adolescence, published some months ago, we are sure greatly appreciated them. Some of them have been appreciated and published by our exchanges even as far as Europe and Australasia.

The *Signs* will soon begin another series of articles by the same experienced writer, carrying forward the subject of maturity. Some of these are already in hand; others will soon follow. Of those received we have four on the subject of

Adolescence

as follows:—

Its Physical Significance
Its Mental Significance
Its Religious Significance
Rules for Parents and Teachers

The subject of

The Home

is treated as follows:—

Parents and Children
Brothers and Sisters
Companionship

Under

Society

we have Comradeship



These are what every parent, teacher, and family needs.

This series will probably cover three or four months.

Subscription rates:—

\$1.50 per year
75 cents six months
40 cents three months

Club rates:—

5 copies	3 months	\$0 88
10 copies	3 months	1 75
20 copies	3 months	3 50
50 copies	3 months	8 75

Address SIGNS of the TIMES, Oakland, Cal.



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.

What Is a Nebulizer?



Price \$2.00

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-
 fitted by its use.*

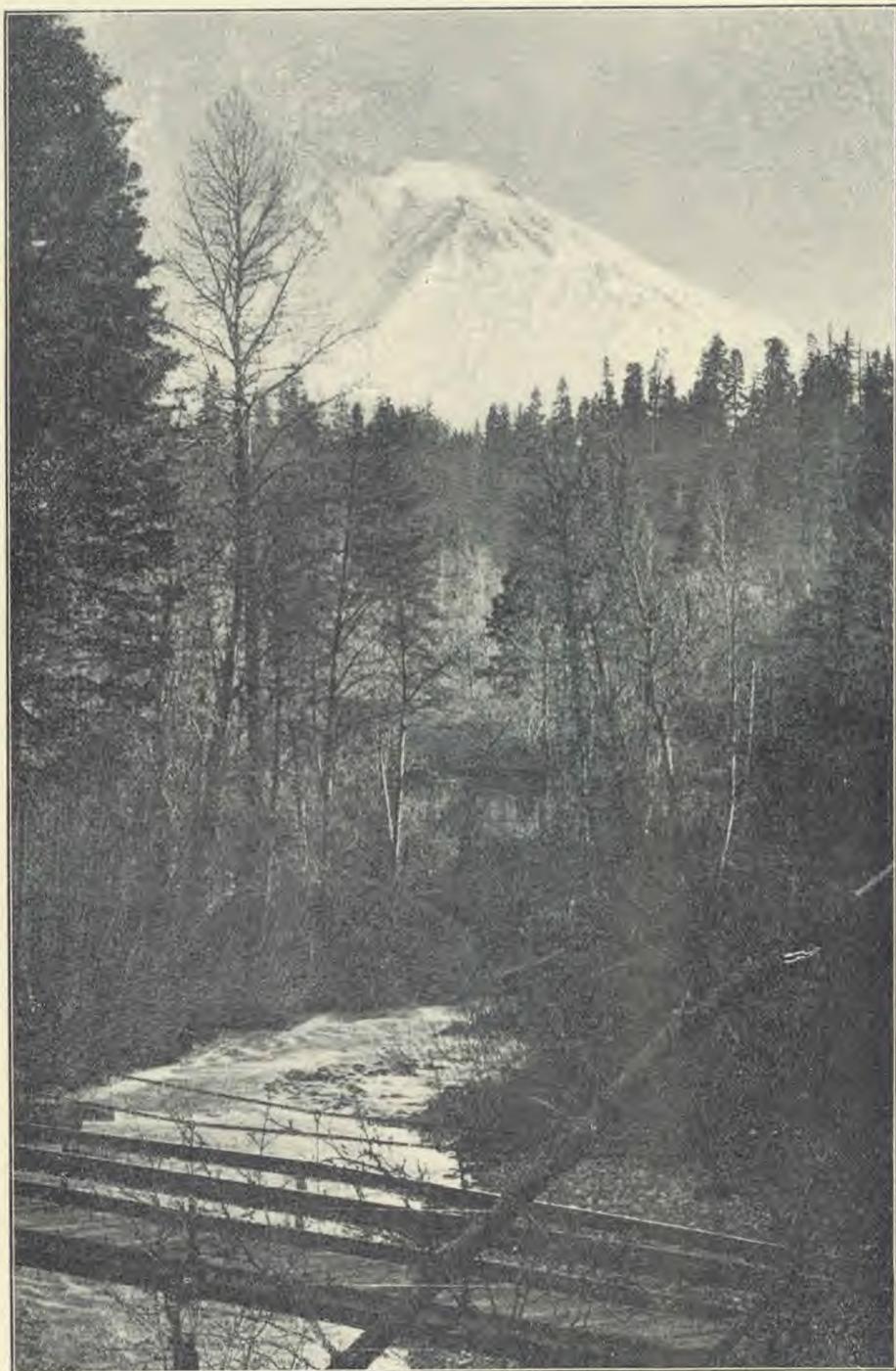
*Sent, post-paid, on receipt of price.
 Send money by draft on San Francisco,
 Chicago, or New York; or by postal or
 express money-order, or by registered
 letter. Address*

St. Helena Sanitarium
 SANITARIUM, CAL.



Price \$6.00

When answering advertisements please mention Pacific Health Journal.



MT. SHASTA, CALIFORNIA

[From Castle Crag Lodge]

PACIFIC HEALTH JOURNAL

A SOUND MIND IN A SOUND BODY

VOL. XVII.

OAKLAND, CAL., NOVEMBER, 1902.

NO. 11.

Body Defenses*

(Continued.)

By J. H. Kellogg, M. D.

[Physician in Chief of Battle Creek Sanitarium.]

IT is interesting to notice the large glands. When a man gets infected, his glands swell up so that they have more fighting capacity. When an enemy attacks a portion of a commander's army, he rallies a lot of regiments in that particular spot. As he concentrates his soldiers, these little lymphatic glands—so small that you can not feel them—when the germs go into the lymphatics, multiply the white corpuscles with enormous rapidity, so that glands may swell up as large as lima beans, for the purpose of increasing their fighting capacity. Enlarged glands in the neck are a barricade against infection in the lungs. If the process has gone so far that the gland itself has lost its usefulness, and becomes simply a mass of disease, we cut it out; but the simple enlargement that comes after infection is a physiological method of fighting germs.

We see God working in disease in the most wonderful way. We not only see Him at work in the physiological processes of digestion, respiration, etc., but especially in disease. We see how He comes to the rescue, and works in every disease, in every sick and suffering man. If any of

*Extracts from one of the doctor's talks.

you think that God never does anything for a man except when he kneels down and prays, you are mistaken. If that were so, God would never help a man digest his dinner unless he specially prayed. But you ought to ask God to help you in everything you do. How many of you thank God for the dinner, but forget to ask Him to digest it for you when you have eaten it? The latter is much more important, because it must require a special miracle to get through some of the dinners that people swallow. God is performing miracles all the time. **THE MIRACLE OF LIFE IS THE GREATEST MIRACLE YOU CAN CONCEIVE OF.**

The fecal matters of flesh-eating animals are much more offensive than those of vegetarian animals, and the fecal matters of man are almost equally offensive. It is not natural that the human being's fecal matter should be so offensive. It is not true of a man who lives on a vegetarian diet. If the fecal matters are extremely offensive, these odors which are offensive are being absorbed into the blood continually, and being carried all through the body. Now, the white cell that is charged with these fecal poisons has not the power to catch germs that it should have. The blood that is

overwhelmed with these poisonous substances loses the power to resist the germs that are taken in, and to destroy them. So the whole body by and by becomes infected and polluted.

Intestinal germs, planted on fruit juice, grow slowly, if at all; in gruel they grow a little faster, and in meat juice, quite rapidly. Bacteriologists find meat juice a most excellent soil on which to cultivate germs, especially the germs which grow in the intestinal canal. When we put meat germs into the stomach, the germs that are taken in with the meat multiply and produce terrible poisons, and so prepare the way for deadly diseases, by paralyzing the body. Here we have the foundation for the gradual decline and deterioration of the human race. Why does not man live a thousand years?—Because he has lost the power to resist disease. It is astonishing how long it takes a man to get sick, and how hard a man has to work to get sick; health is comparatively easy, but for a man to get really sick, he has to work hard for it day after day, year after year, for a long time. He has to work hard three times a day; breakfast, dinner, and supper, he is toiling for disease, and eating for it;

and he sits in his office, and takes no exercise, and there he works for disease, and his whole practise is planning to get disease.

There is a line between health and disease; all below is disease; all above is health. When a man is just above the line, he is fairly well. The first minute he gets his head below the line, he is sick. He has indigestion, and the beginning of Bright's disease, consumption, typhoid fever, or something else. When he was just on the line, he had not anything particularly the matter with him, but he was all the time ready to be ill. He is just like a man wading in the water. When he is on the edge of the water, so that only his feet are covered, even the high waves do not hurt him; but when he gets to where his nose is an inch out of the water, the small wave sends him under. So in disease, somebody says, "Isn't it strange that such a little thing should destroy a man?" A man says, "I have had bigger things than that not do me the least bit of harm." The trouble with the other fellow is, his nose is only an inch out of the water, and so it only takes a wave a foot high to go over his head. As long as one is near the disease line, he is not safe.

(To be continued.)

What to Eat: That's the Question. No. 2

By the Editor

HAVING learned that a vegetarian diet furnishes everything necessary to the maintenance of physical and mental vigor; that meat, on account of diseased animals, is becoming more and more dangerous as a food; that vegetable foods can be

obtained which furnish far more nutrition for a given amount than can be obtained from animal foods, the next question arises, What shall we select to take the place of meat?

The answer will depend very much on the circumstances and health of the individual. Where the health is vig-

orous, and where the item of expense is a very important matter, as in the case with a day laborer, having a large family, the staple articles should be flour, split peas, dried beans, cornmeal, oatmeal. To these may be added rice, peanuts, and also dried figs, which, at five cents a pound, are an economical food.

Other foods, as the green vegetables and fruits in season, may be added, as the condition of the exchequer will warrant, remembering that every pound contains more than three-fourths pound of water; but the cheap, dry, nutritious foods furnish all that is absolutely necessary for health, and the skilful cook can make many pleasing varieties of dishes from the foods here named.

Those who live in the country, or who have a small garden patch, can use green vegetables, and perhaps fruits, much more fully.

As to the dairy products and eggs, one raising them can be assured as to their comparative wholesomeness, by being careful regarding the sanitary condition of his premises, and the character of his feed, provided his stock and poultry are healthy to begin with. One buying these things in the open market, or having them served in a city restaurant, must take his chances on their wholesomeness. Undoubtedly, those who have the courage to abstain altogether from even these forms of animal food are in far less danger of disease from sickly or badly-fed animals.

In combining foods it is well to remember that potato and rice have a deficiency of nitrogenous matter, and should be used with peas, beans, and lentils, which have an excess of nitrogenous matter. The cereals, wheat,

oats, and corn, have nearly the right proportion of nitrogenous matter, though the oat is somewhat rich and corn somewhat deficient in nitrogen.

The sedentary person, usually having a little larger purse and smaller digestive power, will find in the "health foods," especially the dextrinized cereals, products especially adapted to his needs. Here are foods carefully prepared, partly predigested, put up in attractive form, tempting to the appetite, and ready to eat without further preparation. For school lunches, for use by the busy merchant, who has no time to go home for lunch, and who knows too much to eat in the average restaurant, for those who do light housekeeping and have but a short time to do it in, for the invalid whose stomach is not doing well on ordinary foods, these "health foods" are proving a boon, and are becoming more popular as people become better acquainted with them.

They are clean. They are thoroughly sterilized by the process of manufacture. They are of a nature to discourage the growth of germs in the stomach and intestinal tract, as experiment has abundantly proved. They are partly digested, and thus relieve the tired stomach of part of its work. They require thorough mastication, thus insuring their complete digestion. These foods are indeed what their name indicates, HEALTH FOODS.

One need not be confined to the dextrinized foods, unless it be for a short time, to control fermentation, or decomposition, in the intestinal tract. With them may be combined fruits, fruit juices, dairy products, if from reliable sources. Or with those who are in fair health, these foods may be used merely to substitute such unhy-

gienic articles as pancakes, doughnuts, pastry, mushes, raised bread (as it is often made), etc.

With the crisp, toothsome health foods supplied in abundance, these unhealthful articles will not be wanted.

To take the place of meat, gluten preparations will be found valuable. But here it is necessary to get the product of a reliable house, as analyses by government chemists show that there are very few gluten preparations which are worthy of the name, some not having a larger percentage of gluten than ordinary white flour.

For diabetic patients the writer would suggest foods containing a high percentage of gluten (the foods, for instance, known under the name "pure gluten meal," and "pure gluten biscuit"). These contain a small per-

centage of starch, but not enough to affect their usefulness as diabetic foods.

The nut foods are also excellent for diabetics, being rich in nitrogenous matter and in oil. In fact, the raw nuts, when carefully masticated, may serve a good purpose.

For sweets the custom sometimes prevails to give saccharin, or a similar substance having a sweetening power but no food value. In our opinion it would be better to administer the sweets in the form of milk sugar or of honey, watching from time to time the excretion of sugar.

The diabetic should eat quite freely of the green vegetables, such as cabbage, lettuce, onions, cauliflower, etc., and even sweet peas. The sugar present in them will not make any marked change in the course of the disease.

Typhoid Fever

By A. N. Loper, M. D.

[Medical Superintendent St. Helena Sanitarium.]



HERE is, perhaps, no ailment in the whole category of acute diseases which is more widespread in its places of visitation than is enteritis, or typhoid fever. Wherever man has settled and established anything like a permanent habitation, there has sooner or later developed the unsanitary conditions which give rise to this subtle enemy of mankind.

Typhoid fever may justly be called a filth disease, as it is in filth, either seen or unseen, that the bacteria grow and multiply which are the direct cause of the malady.

Typhoid fever is a germ disease. The specific microbe which causes the

disease was studied and isolated by Eberth and Gaffky in the year 1884, and from this discovery and the research made by Dr. Eberth, the germ has been called the Eberth bacillus, or the bacillus typhosus.

The soil usually requisite for the development and growth of these bacilli is animal excretion. They grow and multiply rapidly in the fecal dejections of man, and whether or not this specific bacillus is a distant relative of the common colon bacillus, which is found present in the large intestines of healthy persons, is a question which we may not yet be able to answer correctly.

The vehicles by which the typhoid

bacillus is conveyed from its filthy habitat to the human body are usually our food or drink, contaminated drinking water being the most frequent medium of transportation.

A well of surface water located near one or more privy vaults, or a cow stable, is a very frequent source of typhoid contamination, especially where the lay of the land furnishes a gradual slope for drainage from these filth centers toward the well from which the supply of drinking water for the family and the family cow is obtained.

The milk obtained from cows which drink from infected water supplies may also be the means by which these disease germs are carried from the contaminated water, *via* the circulation and mammary glands of the innocent cow, to the alimentary canal of the person, who is thus subjected to the discomfort of the disease.

In districts where dust storms are frequent and where scrupulous sanitary cleanliness about kitchen and pantry is not practised, and the dust from barnyard and street is allowed to settle in pantry, water-pail, milk-pan, and upon food of various kinds, the infected dust may thus be the means of conveyance by which the disease germs are carried to all parts of the culinary department, and finally cause the disease.

Most of our microscopic enemies known as disease germs choose certain definite locations or portions of the body for their seat of warfare; the diphtheria bacillus chooses the mucous membrane of the throat for its point of attack, the malarial parasite operates in the red blood cells, and the typhoid bacillus shows its preference by choosing certain portions of the alimentary

canal for its field of action. The lower portion of the small intestine and the beginning of the large intestine—the parts adjacent to the ileocecal valve—and also the little glands, known as Peyer's patches, and the mesenteric glands in that vicinity, seem to be best suited for its line of work.

The results of its nefarious work in that part of the body are inflammation, ulceration, and in some cases hemorrhage; and in not a few others, perforation of the walls of the intestines. Reserve forces of this invading army of typhoid germs are likely also to occupy temporarily the spleen and other parts of the body.

The course of an ordinary case of typhoid fever is run in about twenty-one days, the disease beginning with a general feeling of languor, headache, backache, loss of appetite, and usually a looseness of the bowels, with restless sleep, disturbed by much dreaming, and a gradual rise of temperature during the first week. Usually with the first decided feeling of malaise the temperature is likely to be from 100 to 101½, coming up about one degree higher each twenty-four hours during the next three or four days. The tongue is coated with a peculiar grayish or brownish coating; the restlessness and headache usually increase until about the beginning of the second week. In the second week there is likely to be a morning temperature of 102½ to 103 and an evening temperature of 103 to 104½, with much delirium and muscular twitchings or a peculiar low stupor in severe cases. Hemorrhages from the ulcerated intestinal walls are likely to occur in a small per cent of cases, in the latter part of the second week and the beginning of the third. In the

ordinary case of typhoid the temperature begins to abate, and the peculiar furred condition of the tongue begins to clear up, by the middle of the third week, and by the end of the twenty-one days the unpleasant symptoms have disappeared, the temperature is almost normal, and the patient very weak and emaciated.

In the management of a case of typhoid fever there are two general objects to be borne in mind: (1) The best possible treatment and care of the patient; (2) the prevention of the spread of the disease to other individuals.

In the treatment of the patient we want to (*a*) control temperature, (*b*)

conserve strength, (*c*) limit the multiplying of bacilli, (*d*) counteract the effect upon the heart and cerebrospinal nervous system of the toxins produced by the bacilli, (*e*) prevent complications, (hemorrhages, perforations, etc.), (*f*) nourish the patient without injury to the diseased alimentary canal. In preventing the spread of the disease to new cases, we will have to consider the disinfection and disposal of the excretions from the patient, the disinfection of patient's linen and bed linen, and the precautions to be taken by the attendants and other members of the household. These will be taken up in another article next month.

Our Duty to Cooperate with the Health Giver. No. 5

By W. S. Sadler

OUR DUTY TO SOW FOR HEALTH.

"Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and *thine health shall spring forth speedily*; and thy righteousness shall go before thee; the glory of the Lord shall be thy rearward." Isa. 58:6-8.

Self-sacrifice exerts a powerful influence in behalf of good health. The world is full of sick and sorrowful people, seeking happiness for themselves; but true happiness is seldom

found by seeking it. Peace, joy, and even good health are largely influenced by our efforts to make others happy. A day of unselfish service spent in work for others enables us to retire with a light heart and a clear conscience, and, according to the Scripture promise, our "health shall spring forth speedily." Selfishness and self-seeking are incompatible with good physical health. There is an inevitable rebound from the physical realm into the spiritual, and *vice versa*. The vast gulf between the physical and the spiritual that has come to be recognized at the present time is but a relic of the Dark Ages. Spiritual work exerts a direct influence on physical health, and if we will cooperate with God in securing the best of health we must become coworkers with Him in His great plan for saving sinners. We must become ministers of life to

the world, and thus in cooperating with Him who came that we "might have life, and have it more abundantly," we ourselves shall reap an increased harvest of both physical and spiritual health.

"Be not deceived; God is not mocked; for whatsoever a man soweth, that shall he also reap. For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting. And let us not be weary in well-doing; for in due season we shall reap, if we faint not." Gal. 6:7-9.

The successful farmer carefully and faithfully tills his land; otherwise he would not expect a harvest in the reaping time. The prosperous merchant diligently cultivates his business. The artist spends years that he may know how to reproduce with the brush the varied scenes and colors; and, likewise, those who engage in any profession faithfully sow for the harvest of reward they expect to reap.

And yet how few have come to clearly recognize the necessity of sowing for health! The arch deceiver is ever seeking to make it appear that when sowing for good, man will never reap the harvest for which he is sowing; and, on the other hand, when sowing for evil, sometime, and in some way, he may be able to escape the disastrous harvest. To those who would gain the inestimable blessings of physical health and spiritual rest, the devil is constantly saying the very same thing in effect that he said to Christ on the mount of temptation: "It is not necessary for you to go through this three and a half years of patient, persevering, and oftentimes painful sowing, in order to reap the

harvest you seek—the salvation of fallen man, and the reclamation of the world on which he lives; it is not true that man reaps only what he sows; bow down now to my plan; accept my way, *the shorter way*, the way that promises a *reaping without a sowing*, and you may have the whole world *right now*."

Thus did the arch deceiver reason with our Saviour; and thus does he reason with men and women to-day. He will not hesitate to tell you that it is not necessary to go through the taxing, tedious process of sowing for spiritual and physical health. This deceptive wonder-worker will tell you of a miraculous power which can give health instantly, independently of your physical habits or spiritual condition. Yes, according to the deceiver's promise, you can have what you seek right away, if you will only bow down to his plans and accept his philosophy, which ignores the great truths of cause and effect—the law of sowing and reaping—and condescend to accept his perversion of these laws of God, and the heaven-born principles of truth that shine forth from the divine statutes. And so every apparent miracle the devil works is intended, first and last, to lead the human mind away from obeying the laws of God.

This attempt to evade the law of sowing and reaping is nothing more nor less than an effort to evade obedience to the divine requirements.

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

Every mental, moral, and physical habit is to be controlled by truth and principle, to the end that every thought and every act may prove to be health seeds sown in our experience,

which will subsequently bring forth an abundant harvest of life. Our reading, our eating, our working, etc., must all be regulated with a view of sowing for health, ever remembering

these words of inspiration, "But this I say, He which soweth sparingly shall reap also sparingly; and he which soweth bountifully shall reap also bountifully." 2 Cor. 9:6.

Simple Hydrotherapy. No. 1

By M. MacDonald, M. D.

[Supt. of Reno Sanitarium, Reno, Nevada.]

IT is popularly supposed that any one can administer water treatment equally well with the most experienced physician, and that no previous knowledge is required of the structure and functions of the body. Water is regarded as so simple a remedy that, if it does no good, it will do no harm. Such erroneous notions have often led to disappointing and disastrous results. Water is a powerful remedy, and it follows that the more scientific knowledge the user possesses the more skilfully will he be able to use it.

Hygienic measures and good nursing rob most of the ordinary cases of their danger, and the administration of water treatments is so simple that intelligent mothers can give them successfully.

Sensible people have been led to stigmatize hydrotherapy, because of absurd and pretentious claims being made for it. A few enthusiasts neglect to use other remedies in the treatment of disease and depend solely upon the application of water.

"Rational hydrotherapy leaves room for every other remedy of value. It does not regard water as a specific or panacea, but only as one of the most valuable of numerous excellent remedies."

There are seven points worth remembering by those who are interested in hydrotherapy and expect to employ the simple remedies in treating the sick.

1. Water equalizes the circulation.
2. Regulates the temperature of the body, restoring its equilibrium.
3. Relieves and removes pain.
4. Increases glandular action, exciting to greater activity various organs of the body.
5. Removes obstructions, internal and external.
6. Dilutes the blood.
7. Greatly influences the nervous system.

In administering treatment to the sick, consider intelligently what the patient really needs, whether something to alleviate pain, or to quiet nervous excitement or irritability—until the doctor comes, perhaps.

Who can recount the value of a bath? The ancient Greeks and Romans and glorious old Spartans considered the bath the chief luxury of their existence. Surely many of us could emulate that virtue with benefit.

Baths are of various kinds and temperatures. The temperatures given below will serve all ordinary purposes:—

1. Cold bath, 33–60 Fahr.

2. Cool, 60-75 Fahr.
3. Temperate, 75-85 Fahr.
4. Tepid, 85-92 Fahr.
5. Warm or neutral, 92-98 Fahr.
6. Hot, 98-112 Fahr.

Feeling is not an accurate register for temperature, for what seems warm to one may seem cool to another, and what seems warm to one to-day may seem cool to him to-morrow. The thermometer is the safest test. But not having a thermometer one must trust to feeling. The bared elbow plunged into the water is a better criterion than the hand, since the latter is more exposed to air and water, and, therefore, less susceptible. Poor Richard's, "Cleanliness is next to godliness," has long been a proverb with us, therefore let us consider the cleansing bath first.

Never take a bath without a definite purpose in view. The sponge or hand bath is the simplest, for it requires no appliances except such as are found in every home, however humble.

A small amount of water 90° to 95°, a sponge or soft cloth, a piece of good soap, and a couple of towels are all that is needful. Begin, as in all baths, by first wetting the head. Wash face, neck, chest, shoulders, arms, trunk, and back. Rub vigorously until dry, to prevent chilling. Finish bath by washing the lower extremities. The bath should not be prolonged beyond ten or fifteen minutes, and, if one prefers, just a small portion of the body may be washed and dried at a time. The daily sponge bath is not too frequent for cleanliness. It may be taken, at a temperature of 75° to 80°, upon rising in the morning, for its tonic effect as well as cleanliness. The sponge bath may be given to a very weak patient, with but little disturb-

ance. Whenever there is an abnormal degree of body heat, this bath may be given every half hour, with excellent results. Suit the temperature of the water always to the case in hand.

Sponge bath, hot or cold, is useful in cases of insomnia and nervousness; tepid sponge bath is excellent for infants and small children who are restless or fatigued. Hot sponging will often relieve, for several hours, the distressing perspiration of consumptives. Hot sponging to the head, face, and neck will relieve nosebleed and various forms of headache. Children under seven years do not bear well very cold water, but the daily cool sponge bath is a great aid to their development and prevents many nervous conditions. Adults must adapt the bath to suit their special susceptibilities. Cold sponge bath is excellent for persons of sedentary habits, preceded by a hot spray for three or four minutes. It is excellent for women, because the routine of their life keeps them indoors so much; it combats nervous debility and weaknesses of various sorts. The cold sponge bath is of such importance that many eminent scientists have advocated that the public schools have connected with them a shower bath, a swimming pool, and a gymnasium, and that all pupils be required to undergo physical training in each.

The cold bath should be avoided in old age, in pregnancy, during the menstrual period, and in some forms of disease.

Next is the general bath, under which we can consider the tub shampoo, swimming, the plunge bath, the neutral bath, and the wet-sheet rub.

Swimming is one of the most healthful of all baths, because it combines a

general bath with vigorous exercise. The temperature is usually between 70° and 80° , which makes it a temperate bath. This bath should not be prolonged, as it frequently is.

The plunge bath is not always practicable. It should be of short duration. The first sensation after plunging into the water is chilliness, followed by reaction, accompanied by a feeling of comfort and warmth. After a few minutes this will be followed by another chill, from which the patient will not react so readily. Therefore always leave the bath before the second chill.

A tub shampoo is a necessary adjunct to civilization. Provide yourself with good soap, a soft brush, sponge or cloth; fill the tub about two-thirds full of water at a temperature of from 85° to 92° . Use soap freely and generously. After all por-

tions of the body have been so treated, turn on cold water, and cool off the bath until the water is lowered about ten degrees. Dry vigorously, as in other baths. *Never* get out of a hot or warm bath, unless physician advises it; always cool the water, thus avoiding weakness and cold.

The neutral bath is of special value to those of sedentary habits and to nervous people; those, also, who exert the mind unduly and take but little physical exercise. The temperature should be 92° to 98° , and be prolonged from fifteen minutes to an hour. The best results are gained by taking this bath at bedtime. It is both sedative and soporific, often inducing sleep when opiates and narcotics fail. The neutral bath is a boon to tired bodies, and a sovereign remedy for overworked brain and high-tensioned nerves.

Compresses

(Continued.)

By H. E. Brighthouse, M. D.

IN treating lung affections by means of the compress, everything depends on the applications being made just right.

While the compress properly and deftly applied is an aid to nature and a powerful stimulus to vital activity, bunglingly applied it may be disastrous in the extreme. Failure to obtain a good result should not be laid to the compress, but to the method of its application.

If the patient's temperature is high and the skin hot, the compress will become hot quickly and will need to be changed as frequently as every

twenty to thirty minutes, sometimes oftener. Under such circumstances the compress may retain considerable water and be made of eight to twelve thicknesses of cheese-cloth. In the early stage of pneumonia this is useful treatment, when rightly managed.

But in the later stages of pneumonia and in chronic conditions, the compress needs different management. Four to six thicknesses of cheese-cloth, wrung very dry out of cold water, are applied to the chest, then covered with flannel and the whole bound snugly and firmly in place. It must be so fastened that the compress

is kept in close contact with the chest wall and that currents of air do not circulate between the compress and the skin with every movement of the body.

When the amount of covering is so adjusted as to get a slight gradual evaporation without any chilling, a highly stimulating effect is obtained. This is the heating compress, and is beneficial in acute colds, chronic coughs, asthma, chronic bronchitis, and affections of the pleura. If, in addition to the flannel covering, oiled silk, or several layers of paper, or some impervious material, is used to retain the moisture and heat, by preventing evaporation, the effect of a poultice is obtained. This form of compress may be used when the patient has little power to react, so that there is constant chilliness with the heating compress.

There are many ways of applying the compress to the chest. If for colds, asthma, or bronchitis, the whole chest, front and back, or the front of the chest only, may be treated by the compress, according to the patient's power to react to the compress. If his power of reaction is good, the compress is applied to both front and back of the chest, but if his reaction is feeble, only a limited area of the chest in front is subjected to the treatment at first; but as reactive powers are gradually increased, the area covered by the compress may be increased also. For those conditions involving only one lung the compress is applied to one side of the chest, usually from the median line in front to the median line in the back.

In chronic conditions the compress is put on at night, after a fomentation to the part. In the morning the compress is removed and the chest rubbed

thoroughly with cold water, then well dried and rubbed till warm and glowing with the hand or a rough towel.

The compress is equally useful in many of the diseases of the liver and kidneys. Chronic congestion, chronic inflammatory conditions, or torpidity of the liver are favorably influenced by the heating compress applied to the liver in the same way as to the chest. The compress must be large, covering the whole area of the liver, from the median line in the back to the median line in front. Here, too, perseverance is needed. In chronic conditions results must not be looked for in a few days, or even a few weeks. Alternate hot and cold applications, made by alternating fomentations with ice compresses, are excellent to wake up functional activity. The continuous, frequently-changed compress is indicated in acute inflammation.

Typhoid fever is especially benefited by cold compresses, as an adjunct to other treatment. Here very large compresses, made of a number of thicknesses of cheese-cloth, wrung out of cold water and changed every twenty to thirty minutes, or oftener, should be used. The compress should cover the whole of the abdomen. A small cloth as large as the hand is out of the question. Alternate with a fomentation every two or three hours.

Inflammation of the bowels is also favorably influenced by compresses, rightly used, in conjunction with other treatment. Even appendicitis, when not operable, may be influenced very helpfully in this way.

The cold compress is a heart tonic. When the heart needs a stimulant, none better can be used than cold applications, or alternate hot and cold applications, to the heart. This can

be done by means of the cold compress, or ice bag, or by fomentations alternated by either the ice bag or cold compress. It is marvelous how quickly a really weak heart will respond to this method of stimulus, without any evil after effects.

Chronic rheumatic affections of the joints are favorably influenced by compresses. A compress of two or three

thicknesses of cheese-cloth is wrung as dry as possible from cold water and applied to the joint. This is then covered with flannel, and over that oiled silk. Such a compress is put on every night, and removed in the morning; the part is then rubbed well with oil and covered with a dry flannel.

1436 Market Street, San Francisco,
Cal.

The Eating Habit

(Concluded.)

By Lewis J. Belknap, M. D.

[Supt. Garden City Sanitarium, San Jose, Cal.]

IN our former article, in the September number of this JOURNAL, we attempted to show how our lives are made up of habits, and under those circumstances how we are necessarily classed along with those who have the drink habit, tobacco and drug habits, etc.

We also agreed to throw some new light upon the subject, and in order to do this let us consider for a moment the past history of man.

In the beginning man was made upright (perfect), but since the fall he has been gradually deteriorating. Why?—Because of sin, the eating habit far surpassing all others.

Now, then, when we study what is called the history of medicine from way back to Galen's time down to the present, we find the inhabitants of the world seeking a pool of perpetual youth, and this much-desired pool, or panacea, has been some mysterious something to swallow which will remove disease without removing the cause.

It would be interesting at this stage could we go into detail and consider the myriads of methods, cure-alls, nostrums, pseudo-sciences, etc., which have been, and are at the present time, forced upon the human family. We, the people of the United States, in this enlightened twentieth century, are spending more than \$200,000,000 yearly, for what?—Patent medicines, and probably an equal amount for other useless drugs.

Drugs never cure. Nature cures. What is nature?—God is nature, or God in nature; God is the great Physician.

Then you have no use for the physician?—Certainly; but the true physician must see something better than drugs alone to cure disease.

Let us see for a moment what some of our eminent physicians of to-day say upon this subject. I quote from *American Medicine* an article by Geo. M. Gould, M. D., one of the most eminent authorities of to-day:—

“God is a true physician, working

for final normality. His patient is the entire future body and soul of humanity."

Again he says: "There is no prevention of disease without stifling the cause of disease. Wherever sin exists, it finally works itself out in sickness and death."

The man who says his sole duty is to cure disease, not to bother about sin or society, is a bad physician, and a poor citizen. In a hundred ways he can influence his neighbors and his nation to lessen disease and death, besides what the text-books call therapeutics. The best therapeutics is to render therapeutics unnecessary.

In the same way should I take up each of the diseases or class of diseases from which the people suffer or die, it would be easy to point out the causal nexus (connection) with immorality, with ignorance (which is also sin), and with selfishness in its multitude of phases.

Now let us consider the nature of man, and what the Creator of man says.

In the study of any animal, scientists consider everything pertaining to the habits of the animal, as climate, altitude, food, etc.

Every animal created has characteristics peculiar to itself, and when removed or placed under different conditions than those intended by nature, he or it always suffers.

It is the nature of the horse and ox to eat grass, and we know by experience that no other food can be substituted which will fully take its place.

How about man? Does man differ in the above respect from the lower animals?—Not at all; the highest type of the human family, physically, mentally, or morally, is found among

those who conform to the original plan of living, that intended by the Creator, that is, those who conform to nature's laws.

"Fools because of their transgression, and because of their iniquities, are afflicted." Ps. 107:17.

"Because sentence against an evil work is not executed speedily, therefore the heart of the sons of men is fully set in them to do evil." Eccl. 8:11.

"If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are." 1 Cor. 3:17.

"Who forgiveth all thine iniquities; who healeth all thy diseases." Ps. 103:3.

Well, now, who is the cause of our diseases?—See above. Who heals all our diseases?—See above.

What are we going to do? Thank the God who created us that the eyes of the people are being opened.

Think of such men as Alexander Haig, M. D., Geo. M. Gould, M. D., J. H. Kellogg, M. D., and scores of other eminent men of to-day, writing of "Sin and Disease," eating errors causing nine-tenths of disease, etc., the violation of nature's laws responsible for the whole.

Finale: The light promised in my former article needs no explanation further. Observe nature's laws and live.

The weak-chested should practise chest breathing; the weak-stomached should practise abdominal breathing. All should breathe pure air, get out-of-doors, straighten up, keep the skin clean and active, eat pure food, in less quantities, masticate it; learn how to cook; study; go to the great Physician for help, and live.

WOMAN'S REALM

Conducted by Mrs. M. C. Wilcox

"To Every Man His Work"

By Mrs. M. A. Loper

THE microscope's precision strangely tells
The body is made up of tiny cells.
The bones, the blood, yea, all is found to be
Composed of particles too small to see.

And, marvelous it is, each move we make
Destroys some cells; so every word we speak,
Yea, every thought is but the requiem
Of tiny cells within the brains of men.

But new cells form, and each some duty
owes.

'Tis God alone the work of each cell knows;
Whether it be the brain, the blood, the bone,
The muscle, the appointment is His own.

Oh, wonderful the wisdom, majesty—
Each cell obeys the eternal God's decree!
Those of the sight ne'er meddle with the ear,
Nor those of brain with muscle interfere.

"To every man his work"—all can not be
The bone, the muscle, or the eye to see,
But each can, in his place, to God be true,
Go where He leads, do what He bids to do.

Coworkers here with Him, oh, blessed task!
What greater privilege could sinners ask?
Rejoice, then, in thy lot till life is done,
The cross laid down, the crown of glory won.
St. Helena Sanitarium, Cal.

Balanced Efforts

By Mrs. W. S. Sadler

DID it ever occur to you that you belonged to humanity and not to yourself? Are you planning to become a useful member of society? In a few short years you will realize that the world has claims on you, and now is the time to begin your training for future greatness and usefulness.

A knowledge of algebra, musical ability, or familiarity with the classics, is not essential in the making of a successful woman. The foundation of all practical success in life is good physical health and corresponding mental vigor.

Regulate and control your daily habits of eating, drinking, dressing, and thinking so as to conform with the sacred laws of life ordained by a wise Creator to govern our physical economy.

Exercise, physical and mental, a nourishing dietary, wisely selected and properly cooked, properly-fitted clothing; in other words, physical obedience to natural law,—these things will bring elasticity of step, graceful carriage, a clear skin, good digestion, good temper, mental vigor, and spiritual perception; for even the body's health directly influences the soul powers.

Let mental effort and physical exertion be well balanced. Wisely arrange your daily round of duties so as to provide for the development of the mental, moral, and physical powers of your being.

It is not unlikely that many of the young women who chance to read these lines are already well on the way toward becoming physical wrecks.

From a very early age they have studied with such excessive diligence that the result has been a retardation of physical development. If you are neglecting physical exercise, call a halt at once. Begin to work your muscles as well as your brain. If necessary, drop out of school for a year. Why allow the honors of graduation to lead you to continue to sow the seeds of nervous prostration?—for the harvest will surely come. Either temporarily abandon your books and devote yourself to physical exercise and an outdoor life, or make a systematic provision for bodily exercise to accompany your mental application.

One year of sharing mother's duties in the home would not only afford mental rest and provide physical work, but would also give you a practical training in the duties of orderly housekeeping, which is so essential to the training of every woman who desires to be truly cultured and usefully educated.

The monotony of continual study wearies the mind, and when the mind is thus wearied, further study does not strengthen the intellect but rather weakens it.

That which is sown in girlhood is reaped in womanhood. The bending of the sapling to-day produces the deformed tree of to-morrow. We may in after years try to straighten the crooked tree, but our best efforts will be of little avail. And so carelessness concerning our physical practises, neglect of systematic exercise, the eating of unsuitable food at unseasonable hours, the wearing of fashionable and ill-fitting garments, novel reading, overstudy, and all the other forms of physical and mental transgression

bend the body and warp the mind in such a manner as to produce imperfect characters, deformed bodies, and debilitated minds.

The ideal to be aimed at is the sound mind in the sound body, and anything short of this is sure to curtail our sphere of usefulness in the world and lessen our chances of material success, intellectual development, and spiritual usefulness.

“If you wish to live long and be healthy and happy, fill your lungs, day and night, with pure, fresh air, and let your system absorb all the sunshine you can possibly secure for it. Of these two you need an abundance, just as much as does the growing plant. Leave your windows open at night, a little both at the top and bottom, so that, even while you are unconscious, you may breathe new, life-giving oxygen. Take daily outdoor exercise, in winter as well as in summer. By shutting yourself up indoors, closing your windows to keep out the pure air, as if it were some noxious thing, and piling on as much extra clothing as you can carry, you invite illness instead of heading it off, as you fondly imagine you are doing.”

THERE are many recipes recommended for roughness of the skin of face or hands, but the following has been found to be specially beneficial: Add to two ounces of bay rum one teaspoonful of glycerin; shake well together. After thoroughly cleansing the hands with soap and water, use about a spoonful, or even less, of this preparation, rubbing the hands till dry.

Orderly Housekeeping. No. 6

By Mrs. A. C. Bainbridge

KITCHEN WORK.

BATTLE-FIELD of unchronicled defeats and victories, keyboard of the home harmony, Master Builder's anteroom—all this and more is the kitchen in the home, and she who is mistress here has power at her command.

Order, cleanliness, dispatch are the triumphant trio the successful housekeeper holds well in hand.

Having the rest of the house in order, she enters the kitchen, to finish the round of daily morning duties. If some dear child or faithful help has been at work here, she may find little to do beyond a careful overlook and reminding; but if she is alone, the lamps may claim her attention—first, chimneys, then filling and trimming, following by a thorough wiping, and they are ready to be put in place for use when daylight is gone.

No task is more distasteful to many of us than the ever-recurring one of dish-washing, but when we can see it in the light of Gen. 1:2, coupled with the thought that the great work of the Master for nearly 6,000 years has been washing vessels or dishes on our little earth, fitting them for His service, such work in the realm of labor loses its sting, so high does our Divine Partner lift it.

As we wash and scrub, rinse and polish, we may realize a harmony in the living Word cleansing our lives, that makes beautiful the task of taking

unclean things and making them not only clean but actually shining

First, the silver in clear water, rinsed in hot water, and wiped at once; then the soap in the water to wash the glasses; rinse, and wipe quickly. For the porcelain dishes use more hot water and soap, and as they are washed stand them in the rinsing pan or tray in such a way that the hot water poured over them will reach both sides. Dry, clean towels will bring the shine.

I once asked Maggie how she kept her dish-towels so clean.

"Why not, ma'am, shure there's nothin' but clane dishes wiped on 'em."

And I said, "*Shure.*"

Next comes the kettles and pans, the sink, the stove, and all those foundation cares that are so vital to the well-being of the dear ones in the home.

The sweeping may be partial some days, but often a real move-everything, thorough-going, germ-hunting sweeping is demanded.

Dusting with a cloth slightly damp will gather and hold all the dust. Rinse it and dry for next time. With darkened windows the flies will soon find the crack you left for them, and out they will go.

The countless interruptions that come to some of our lives cause routine work to seem impossible, but having system in your plans, these seeming breaks will become beautiful designs.

The Sunshiny Woman

"WHEN we come to count over the qualities that endear our friends to us, almost all of us think first of cheerful-

ness," says a writer in a contemporary. Sunshiny men or women, who bring a bright thought or word, or even a glad smile with them, are always welcome as the first flowers in May.

Each heart knoweth its own bitterness; each soul has its own troubles and trials and vexations; and so we turn to the one who can lighten our sadness with the radiance of a cheerful spirit. Sunshine of the soul is largely a matter of cultivation, for there are few so fortunate as not to have some grief. The selfish sit down and brood over their sorrows. They give themselves up to fits of despondency and moodiness, and are a kind of moral wet blanket on the pleasure of all with whom they come in contact. They tell you their sorrows and bedew you with tears until it seems there must be a kind of luxury of woe in which they rejoice. After all, the cheerful spirit is but an example of "that brave attitude toward life" of which Stevenson wrote.

It is the courageous bearing of inevitable burdens, a determination not to fret and not to add to the sorrows of the world the griefs of one's own heart. A woman who had many sorrows and heavy burdens to bear, but who was noted for her cheerful spirits, once said in explanation: "You know I have had no money; I had nothing I could give but myself, and so I made the resolution that I would never sadden any one else with my troubles. I have laughed when I could have wept. I have always smiled in the face of every misfortune. I have tried never to let any one go from my presence without a happy word or a bright thought to carry with them. And happiness makes happiness. I myself am happier than I would have been had I sat down and bemoaned my fate."

This gospel of happiness is one that every woman should lay to heart. What it means to a man to come

home at night to a cheerful wife no one but he who has to fight the hard battle of life knows. If he is prosperous it is an added joy, but it is in misfortune that it shines like a star in the darkness. A complaining wife can kill the last bit of hope and courage in a sorely troubled heart, while a cheerful one gives new courage to begin the fight over again.

The mother who lets her children grow up to be moody and discontented, subject to blues and sulks, is failing in her first duty. She is handicapping them in the race of life. Cheerfulness is one of the prime requisites to success and happiness. The sunshiny man or woman has every one for a friend, for this sad old earth must borrow its mirth; it has sorrows enough of its own.—*Ex.*

Bad Housekeeping

MANY housekeepers allow a thick, greasy, black coating to grow on the outside of saucepans and iron kettles. They are scrupulously clean about the inside, but let the outside go, thinking it does not matter much. But this is bad housekeeping, and if proper care is taken from the first, it will not be more difficult to keep the outside clean than the inside, only a cloth must be kept specially for the purpose. If, however, the pots and kettles have become too incrustated from neglect, you still have a remedy to save you from disgrace. Place the utensils on the glowing coals for a short time and the dirt will burn off. After they have cooled off, scour with sand or wood ashes, and your cooking dishes will resume their original complexion.—*Family Doctor.*

EDITORIAL

"Cranks on Health"

THE San Francisco *News Letter* waxes eloquent over the rapid increase in the health-food business. There can be no doubt that many of these concerns deserve about all that is said of them. The health-food business started in a small way by a few men of integrity, whose object was to educate the people to a better way of living. As soon as the foods established a reputation, mushroom concerns began springing up whose one object was to *sell foods*, as any one may readily learn by studying their advertising matter, which often insults the people by the extent to which it presumes on their credulity.

FOR FOOLS AND CRANKS ON HEALTH.

"The health-food craze is knocking the first-class flouring trade in a manner scarcely credible in the northwest states. The farmers find it more profitable to add a little molasses to their grain, give the compound a fancy name, and then throw their weight into advertising. It is easy this way to make a fortune, where formerly there was scarcely a decent living in selling to the mills. An effort has been made by the trade papers to stamp out the rising industry with ridicule, but so far with but little effect. In this line of policy the *Northwestern Miller* says:—

"The credulity of the American people is so great and the selling power of printing ink is so enormous that the schemers of Battle Creek think there is no limit to what can be accomplished by playing the combination. At last accounts there were

over twenty of these health concerns in Battle Creek, representing an alleged investment exceeding \$20,000,000. There are still a few good, honest millers, making fine, first-class flour, in Battle Creek, who should not be confused with the fakers. They are just struggling along making the ordinary milling profit, whereas if they would descend to the use of cheap molasses as a mixture and label their product 'Chewachunka,' or something equally nauseating, they, too, could find unlimited demand for their output and make a fortune in a week or two.

"Some names chosen to sell this food show the rating of idiocy in which the purchasers are placed by the fakers who labor under the style of inventor: "Tryabita," "Malta Vita," "Flak-ota," "Malt-Too," "My Food," "Per-Foo," "Cero-Fruti," "Korn-Krisp," "Neulrita," and "Eata-Malta." An English financial exchange, in discussing this trade abomination, sneeringly regrets such treatment of a promising industry, and suggests the formation of a trust to control the entire product, to be named the Amalgamated Association of Food Fakers; capital, two billions.'

"It would organize for the purpose of manufacturing in one large asylum, under direction of a competent physician and staff of able-bodied keepers, all the Bit-a-bits, Grab-a-jawful, and Eatahunka that its inmates can invent, cook up, and ship. Now that the field has been pretty well covered in corn, wheat, and barley, some smooth article has tackled rice as a

last resort, determined to keep in the swim.

"There are still a few suggestions which could be made to those who cater to the whims of credulous dyspeptics and hypochondriacs generally, before falling back on the manufacture of patented Safety Dog Biscuits, etc."

There is a proper field for legiti-

mate health foods, and, by the way, they are not so expensive as one might be led to believe. The writer is now living almost entirely on health foods, and at retail rates he is living more economically, healthwise, moneywise, and timewise, than he could on the ordinary diet. He expects in the near future to give some figures to demonstrate this fact.

The Stomach Makes the Man

THERE are very few diseases that are not traceable either directly or indirectly to a disordered stomach. Even the bent of the mind is largely regulated by stomach conditions. All the sympathetic nerves of the body, connecting with the alimentary canal and forming a chain of cells along the spinal column, extend to the brain, the common nerve center of the whole nerve system. When these sympathetic nerves become irritated, through a disordered condition of the stomach, the blood-vessels contract, thus preventing a sufficient amount of blood to circulate through the extremities. One result of this is cold feet, with accompanying backache in many cases.

But the part which suffers most from incomplete digestion is the brain, the most sensitive part of the nervous system. This is manifested in unbalanced mental action, such as confusion of ideas, vacillation in purpose, perversity of disposition, and other disturbances. These conditions prolonged bring mental depression, and even hopeless despair, often resulting in suicide.

Many a man, once a favorite, has lost his social standing through be-

coming peevish and quarrelsome. Oftentimes this surprising transformation was but the evolution of imaginary criticisms, under which they became morose and unhappy. Again, men who have been the kindest and most devoted husbands and fathers when sober, have been transformed into veritable demons under the influence of intoxicants.

The cause of all this is accounted for in the fact that the pneumogastric nerve, one of the tenth pair of the cranial system which connects with the stomach, terminates in the base of the brain, the seat of combativeness and destruction. When this is operated upon by stomach irritation, the baser organs of the brain become so much disturbed and inflamed that they dominate and control all the finer instincts, and so transform the otherwise gentle and good man into a coarse and repulsive one.

The man who, when sober, venerates the forms of religion because that part of his brain given to spirituality and conscientiousness has full play, will, under the influence of strong drink, disturb, and if possible break up, a religious gathering, because the finer sensibilities of the brain have

been benumbed by the dominance of the baser faculties, and that because the stomach has received into it a stimulating, inflaming constituent.

This not only shows that the brain and stomach are intimately connected and closely related, but that the brain is quickly affected by that which

unduly stimulates or oppresses the stomach. Those elements, therefore, which tend to affect the stomach in either of these directions should be avoided in order to preserve the poise of the brain from whence proceeds the thoughts; for as a man "thinketh in his heart, so is he." c.

Constipation

FROM a paragraph headed "The Treatment of Habitual Constipation," we make the following extracts:—

"Constipation is a disease largely the result of artificial life of our state of civilization. Sedentary habits, irregular hours for meals, and lack of paying heed to the first call of nature, all induce a condition of sluggish bowel movements, and gradually lead to inveterate constipation. The use of laxative and purgative remedies by patients themselves, as well as the too indiscriminate use of this class of drugs by physicians, has been in no small degree responsible for much habitual constipation and for many subsequent cases of bowel disease.

"In a very interesting special article by I. Boas, of Berlin, in the last volume of *International Clinics*, this subject is treated in an able and authoritative manner. Boas states that in his opinion much of the frequency of mucomembranous colitis in our day, as compared with the rarity of the affection a quarter of a century ago, is undoubtedly due to the persistent use and abuse of laxative remedies. Boas gives in the order of their value the following methods of treatment of habitual constipation:—

"Prophylactic [preventive], dietetic, mechanical, electric, thermic [applica-

tions of heat and cold], and medicinal. We emphasize that the medicinal means are to be last employed, and call attention to the fact that the prophylactic and dietetic management are by all means the most important. In certain families the tendency to constipation is well known, and this must be borne in mind and guarded against in the children of these families. The routine use of laxatives in the early years of life, Boas states, and we cordially agree with him, is to be absolutely prohibited."

"We must insist upon our sedentary patients taking a certain amount of outdoor exercise, following the dietary that we prepare for them, and that food be taken at regular intervals. Equally important is the setting apart of a certain time each day at which the patient shall endeavor to secure an evacuation. Muscular exercise, in the form of well-regulated gymnastic movements, especially of the abdominal muscles, as well as abdominal massage, are exceedingly important. The squatting position affords the greatest amount of muscular contraction of the abdomen."

"According to Thompson the free drinking of water, either very hot or cold, is to be recommended, as well as coarse brown or bran bread, oatmeal,

butter, fresh green vegetables (such as lettuce, spinach, sprouts, rhubarb, etc.), prunes, figs, apples, either cooked or raw, peaches, berries, buttermilk, cider, koumiss, honey, and English walnuts. *This list affords an ample dietary*, and its intelligent use will greatly aid in overcoming the constipation. Thompson advises that such patients do without eggs, milk, sweets, pastry, puddings, such as rice and sago, fried foods, rich gravies and made dishes, pickles, cheese, tea, and sour or red wine."

The PACIFIC HEALTH JOURNAL has for years taught in this line, and we quote simply to show that others are recognizing the great truths for which the JOURNAL stands.

THE GRAPE CURE.

Another paragraph, entitled "An Old Cure Revived," contains matter regarding the value of the grape as a curative agent, which is especially valuable at the beginning of the grape crop, and we trust that many of our readers will avail themselves of the privilege of making a personal test of the cure.

"An exceedingly old medicament, used therapeutically by Pliny, Celsus, Galen, and others, has of late years seemed absolutely abandoned. This was known as the grape cure. During the sixteenth and seventeenth centuries this strange medical proceeding was in common use, and, even now, there are several towns in Germany, Austria, Hungary, and Switzerland in which the grape cure is still practised. In France, the country *par excellence* of cures of all kinds, there are two such stations, but little known or frequented. Scientific ex-

periments upon the action of grape juice have recently been made by Moreigne, who has found that the chasselas or sweet-water grape is the most suitable for this cure. The pulp of the grape represents from 87 to 89 per cent; the skin 7 to 8 per cent, and the seeds 4 to 5 per cent. The pulp is composed of from 72 to 80 per cent water, 14 to 15 per cent grape sugar, 0.5 to 0.6 per cent cream of tartar, 0.3 to 0.5 per cent tartaric or malic acid, and 1.2 to 1.5 per cent of albuminoid matter. Besides, the pulp contains potassium, lime, magnesium, the oxides of iron and manganese and a little aluminum, phosphoric, sulphuric, and nitric acids. The skin is composed mostly of tannin.

"In taking the grape cure, from 500 grams to 3 kilograms [1 to 6 pounds] of grapes or grape juice should be ingested daily. It should be taken preferably in the morning, fasting. If it is not well tolerated by the stomach, the grapes or grape juice should be taken in two portions. At least an hour should then pass before eating a meal. It should never be taken in the evening, or for supper. Walking and other exercises in the open air greatly aid this treatment, stimulating assimilation and the complete absorption of the grape juice. At the same time fats, cereals, and albumin should not be taken."

Some of the affections which have been treated by means of the grape cure are: Stomach and intestinal disturbances, engorgement of the abdominal organs, enlargement of the liver and spleen, especially after malaria, abdominal dropsy, jaundice, gallstones, diarrhea (acute or chronic), habitual constipation, certain forms of skin disease and of neurasthenia, con-

sumption, when the intestines are not affected, gout and gravel.

Moreigne's experiments show that under the influence of the grape cure there is an increased urinary flow, with diminution of uric acid. The bowels move more freely, and there is less intestinal fermentation, and better assimilation of nitrogen. Fat is stored up in the organism, and the liver functions, especially the secretion of bile, are increased. The grape is a valuable food, fully predigested, and at the same time it is one of nature's sovereign regulators of the system, superior to all drugs. "The grapes may be eaten raw, or the juice may be prepared by using a small press." The bottled grape juice is most excellent for this purpose.

THE *Therapeutic Monthly*, a leading medical journal, in the July issue, contains considerable editorial matter indicating the trend of the progressive medical mind away from drugs. From a paragraph headed "Sanatoria for the Consumptive Poor," we quote:

"Advances that have been made in our knowledge of this disease and the methods for its prevention, as well as cure, have been the results of ardent and painstaking investigation on the part of the medical profession of the world. Theory has superseded theory, and methods of treatment, too numerous to mention, have been recommended enthusiastically and in their turn have passed away. The good that the various theories have embodied may be summed up in the statement that tuberculosis is a disease for which there is no specific treatment. Those remedies prove the most valuable which keep the patient's general health in the best pos-

sible state. Concerning the open-air method of treatment, there is a unanimity of opinion which was never shown with reference to any other means of cure suggested, and the results that have been achieved by it under the most diverse circumstances go to prove that at last we have a keynote of successful management. What we now know of the method of infection of tuberculosis, namely, that its spread is accomplished largely through the sputum and other excreta of patients, furnishes us with such simple and yet effective means of safeguarding those with whom the consumptive comes in contact, that proper hygienic management promises to do more than it has already done—and it has already done a great deal—to reduce the number of cases of the disease."

STRING-BEANS are justly regarded as one of our most valuable green foods. While containing a comparatively small amount of nutriment on account of the large proportion of water present, they constitute a pleasing and healthful variety to the meal, and the woody fiber being more tender is less likely to cause digestive disturbance.

String-beans which are more than half grown, or require two hours or more for cooking, should be rejected. They should be cooked in soft water, as hard water impairs the quality, and should be stewed rather than boiled. A favorite method of preparing this is to reduce the amount of water down to barely sufficient to moisten the beans and to add a generous amount of butter with the seasoning when the beans are only half cooked. Cooking oil or salad-oil may be used to advantage in place of butter.

New Milk Adulterant

A NEW milk adulterant has been discovered by the dairy inspectors in use in Minnesota. It is called visco-gen, and is composed of sugar, lime, and water. It has the effect of making the milk appear richer than it is, as the lactic acid in the milk turns the lime to a thick white substance that assimilates with the milk and improves its looks, while it does not injure the taste.—*Pittsburg Dispatch*.

A Quick Cure for Bee Stings

FIRST pull the sting from the flesh, then bruise the fresh leaves of the common weed known as vervain and rub the wound well with them, after which bind it to a plaster of the crushed leaves well moistened. This will prevent swelling and ease the pain. Vervain may be used in its dried state by steeping the leaves in hot water. It is gathered in September by the negro nurse in the South and hung up to dry for winter use.

LEMONS may be kept for a long time, even months, under glass. If you are not going to use them immediately, lay them on a flat surface and invert a goblet over each one of them, or put them in a glass jar. After several weeks' imprisonment in this way, they have been taken out as fresh and juicy as ever.

LIGHT gives a bronzed or tan color to the skin; but where it uproots the lily it plants the rose.

THE lives of most men are in their own hands, and, as a rule, the just verdict after death would be *felo de se*.

To remove fruit or potato stains from the hands, tartaric acid is excellent.

WILLOW furniture may be cleansed with salt and water, applied with stiff nail-brush.

SPECKS made by insects upon gilded picture-frames may be removed by dipping a soft camel's-hair brush in alcohol and applying it to the spots.

Fruit Sandwiches.—Cut small equal quantities of fine fresh figs, raisins, and blanched roasted peanuts. Moisten with orange juice, and spread on thin slices of white bread.

Date Sandwiches.—Wash, dry, and stone the dates, mash them to a pulp, add an equal amount of finely-chopped walnuts, and moisten slightly with a little lemon juice. Spread smoothly on thinly-sliced brown bread.

Strawberry Fingers.—Cut puff paste an inch wide and twelve or fourteen inches long. Roll this around "ladylock" sticks, brush with white of egg, and dust with a little powdered sugar. Bake in a quick oven until light to the touch when handled. When done, slip from the sticks and fill with thinly-sliced strawberries, sweetened to taste.

Almond Macaroons.—Blanch eight ounces of sweet and one ounce of bitter almonds. Dry on a sieve, and pound them to a smooth paste in a mortar, adding occasionally a very little rose water, to keep them from getting oily.

Add to this five ounces of pulverized sugar, one teaspoonful of rice flour, and the whites of three eggs beaten to a stiff froth. Drop on sheets of paper in little cakes about the size of a walnut. Bake in a slow oven till they are of a light brown.

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 Subscriptions to G. H. Heald, M. D., Sanitarium, California.

VOL. XVII.

OAKLAND, CAL., NOVEMBER, 1902.

NO. 11.

"THE Story of a Living Temple," by Frederick M. Rossiter and Mary Henry Rossiter, is the latest effort to bring, in a simple way, before the common reader the relation of the functions of the body each to the other. The authors have succeeded, as many others have not done, in making the study of the human body both interesting and fascinating. It is a work that should not only find its way into the hands of teachers, but should also become a companion to all, both old and young, who would know the true relation of body to mind, that he may hold his health as sacred as his character. The book has 350 pages, and is put up in cloth with gilt side title. It may be had of the publishers, the Fleming H. Revell Company, Chicago.

READERS of the JOURNAL who are having good success in devising new methods of preparing vegetable foods in such a way as to do away with the necessity and the appetite for meat in those who have been accustomed to its use are invited to give to their fellow-readers, through the columns of the JOURNAL, the benefit of their experience.

The publishers will be glad to furnish a correspondents' column for all who have helpful suggestions, for they have reason to believe that many are receiving light regarding the preparation of healthful foods which they would gladly communicate to others.

If you have an idea, do not hold it back for fear that it may not be in place. Send it in; if it can not be used no harm will be done, and if used it may be a help to many.

As good health is certainly a blessing, and therefore a cause for sincere thanksgiving, we feel that the publishers have reason to be grateful. Although the JOURNAL'S growth has not been phenomenal by any means, yet we have seen many evidences of the steady development of a sturdy constitution. Just as health is the natural result of consistent adherence to correct hygienic principles, so we believe that success in our work of publication can only be achieved by the faithful, loyal presentation of God's laws of health. Right has ever been unpopular, because in the minority. The measure of success can not therefore be judged by appearances. Ultimate victory and reward are sure.

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**

Oceanic Steamship Company

Sailing Regularly to

Hawaii, Samoa
New Zealand
Australia
and Tahiti

FLEET

Sierra
Sonoma
Ventura
Alameda
Mariposa
Australia
Zealandia

Under mail contract with United States, Tahiti, New Zealand, and Commonwealth of Australia. Steamers sail three times a month to Honolulu; every twenty-one days, via Honolulu to Samoa, Auckland, and Sydney; every 36 days to Tahiti.

TALOFA illustrated in colors, tells something of Samoa. 20 cents in postage.
HAWAII in colors, by Stoddard. 10 cents.
TAHITI—The Golden, by Chas. Keeler. Send 20 cents in postage.

Round-the-world folder, time-table, etc., free upon application

J. D. SPRECKELS & BROS. CO.

643 MARKET STREET, SAN FRANCISCO, CAL.

When answering advertisements please mention Pacific Health Journal.

The Two Best for \$1.00

We have just made arrangements with the publishers of "GOOD HEALTH" whereby all subscribers to the "PACIFIC HEALTH JOURNAL" can obtain this excellent eastern magazine and our well-known home publication at a nominal price.

The Regular Subscription Prices are

Good Health (One Year) = \$1.00
Pacific Health Journal .50
(One Year)

But we now offer, for a short time only, a yearly subscription to these two best health journals in the United States for \$1.00.

"GOOD HEALTH" is recognized the world over as a leading authority on all matters pertaining to health reform, and its columns are always filled with most interesting and instructive matter. The editorial department is especially helpful, numerous questions being answered and valuable advice given by the able editor. The journal is intensely practical, and should be in every home.

We trust that our subscribers will not only take advantage of this offer to secure many new subscribers to the journals, but that they will themselves place their renewal subscriptions early, so that they also may receive the benefit of this excellent arrangement.

Address

PACIFIC HEALTH JOURNAL, Oakland, 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

A WOMAN'S INVENTION

Washing Made Easy. No Need of a Washboard. No Soaking Clothes Overnight. No Use for the Washing Machine

"Easy" Washing Tablets

Save Clothes, Time, Labor, and Money

Strictly free from injurious substances. Warranted not to injure the finest fabrics or colors

TO AGENTS

If you are looking for a staple article that sells rapidly at a large profit, send for a trial order at once. Canvass your territory thoroughly and then keep your customers supplied. Remember that one sale establishes a permanent trade and you can soon work up a permanent business that will pay you handsomely the year round. Give it a trial.

Two samples by mail, 10 cents

Address

Brown-Fox Co.
Manufacturers

2412 Lincoln Ave.

Alameda, Cal.

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. SALSURY, *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 } Managers
D. H. PORTER }

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

A. N. LOPER, M. D., Medical Superintendent

PORTLAND SANITARIUM

Portland, Oregon

W. R. SIMMONS, M. D., Superintendent

MOUNT VIEW SANITARIUM

Spokane, Washington

SILAS YARNELL, M. D., Superintendent

LOS ANGELES SANITARIUM

315 West Third Street Los Angeles, California

F. B. MORAN, M. D., Superintendent

GARDEN CITY SANITARIUM

San Jose, California

LEWIS J. BELKNAP, M. D., Superintendent

SANTA BARBARA SANITARIUM

Corner Santa Barbara and Victoria Streets
Santa Barbara, California

W. HARRIMAN JONES, M. D., Manager

NEVADA SANITARIUM

619 Ralston Street Reno, Nevada

DR. M. B. McDONALD

SEATTLE BRANCH

BATTLE CREEK SANITARIUM

612 Third Avenue Seattle, Washington

A. Q. SHRYOCK, M. D., Manager

SAN FRANCISCO BRANCH

ST. HELENA SANITARIUM

1436 Market Street San Francisco, California

R. A. BUCHANAN, M. D., Superintendent

SACRAMENTO BRANCH

ST. HELENA SANITARIUM

719½ K Street Sacramento California

G. A. DROLL, M. D., Superintendent

EUREKA BRANCH

ST. HELENA SANITARIUM Eureka, California

C. F. DAIL, M. D., Superintendent

TACOMA BRANCH

BATTLE CREEK SANITARIUM

706 C Street Tacoma, Washington

DR. T. J. ALLEN, Medical Superintendent

NORTH YAKIMA TREATMENT ROOMS

317 N. First Street North Yakima, Washington
Phone 1273

Conducted by

MR. AND MRS. A. R. STARR, MR. AND MRS. H. GILLIS
Trained Nurses from Battle Creek Sanitarium

SAN DIEGO BRANCH SA NI- TARIUM

1117 C Street San Diego, California

T. S. WHITELOCK, M. D., Superintendent

DR. W. L. GARDNER

604-5 Dooley Block Salt Lake City, Utah

Directory of Pacific Coast Vegetarian Restaurants

VEGETARIAN CAFE

755 Market Street San Francisco, California

VEGETARIAN RESTAURANT

315 W. Third Street Los Angeles, California

GOOD HEALTH RESTAURANT

616 Third Avenue Seattle, Washington

VEGETARIAN CAFE

Corner 4th and C Streets San Diego, Cal.

DEPOSITORY

516 S. Hill Street Los Angeles, California

STORES

1482 Market Street San Francisco, California

72-74 E. Santa Clara Street San Jose, California

46 San Pablo Avenue Oakland, California

63 E. First South Street Salt Lake City, Utah

124 W. Center Street Provo, Utah

1115 C Street San Diego, California

Zwieback



Bread scientifically toasted

Delicious served as dry or
cream toast

For cream toast, place in
saucer, pour hot cream or
milk in dish until Zwieback
floats, and serve at once. A
toothsome palatable dish is
the result

Nice fruit toasts can also be
made with it



For Sale by Grocers

Sanitarium Food Co. Sanitarium, Cal.
Portland Sanitarium Food Co., Portland, Ore.
Walla Walla Food Co., Walla Walla, Wash.

A Holiday Party

MEXICO

To-day is like
California "before
the Gringo came"
Special excursion
from San Fran-
cisco Dec. 10

\$80 ROUND
TRIP

Tickets good
60 days. Return
via Grand
Canyon
Optional.

SOUTHERN PACIFIC
MEXICAN CENTRAL
SANTA FE



Personally Conducted
and
An Interpreter

Ask for Illustrated Booklet

SOUTHERN PACIFIC CO., 613 Market St., San Francisco