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JANUARY, 1903

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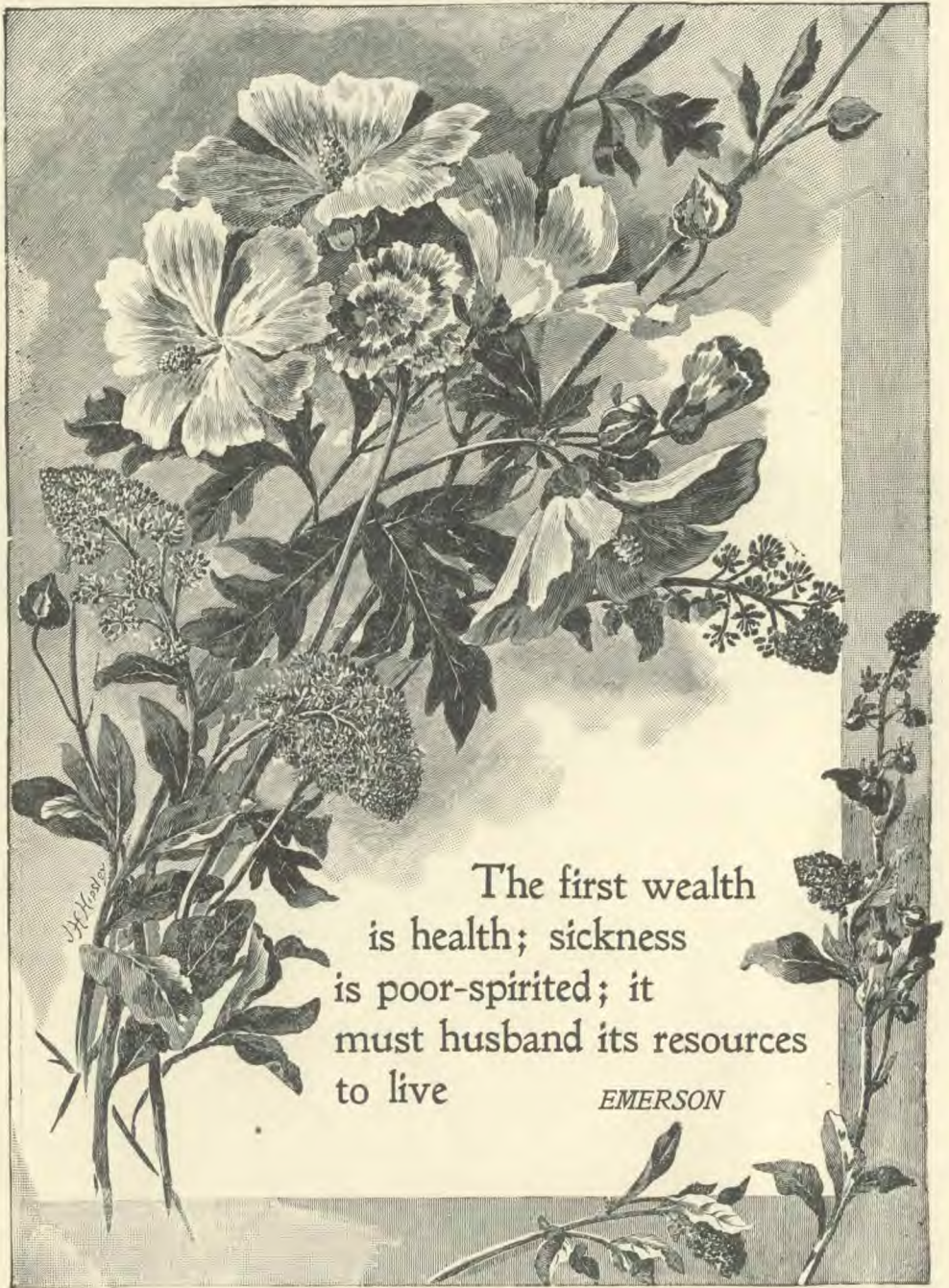
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PACIFIC HEALTH JOURNAL

A Sound Mind in a Sound Body

VOL. XVIII.

Oakland, California, January, 1903

No. 1.

Winter Clothing

By H. E. Brighthouse, M. D.

IN this climate, with its cold mornings and nights and warm middays, we are confronted with the problem of how best to be clothed comfortably and healthfully, to meet the daily variations of temperature. Much of the tonic effect of the winter may be lost by overclothing the body, especially if the temperature of the living apartments is kept high. After the heat of the summer there is a decided benefit to be derived from the cold of winter if the clothing and surroundings are favorable. But to put on heavy underclothing and warm outer garments, and then to make the house temperature almost like summer, is to lose the invigorating effect of the cold.

It is a well-established fact that the continuous warmth of warm climates is in time detrimental to vigor of life and health. And if by means of clothing and room temperature, the same conditions of continuous warmth are maintained, there will result the same deterioration of health. Many people keep their houses at 80° or over. It would be much better to keep the temperature at 65° or under, and when sitting at study, or otherwise, to provide an extra wrap, rather than too much extra heat. Two benefits result: First, the maintaining and strengthen-

ing of the resistance of the body; and, second, the avoidance of colds, on passing from highly-heated atmosphere to the cold of outdoors.

A very good plan for clothing the body is to adapt the underwear to the midday temperature of our winter climate, and to regulate the extra warmth needed mornings and evenings by extra outer garments and wraps. Underwear of medium weight is therefore preferable to heavy underwear. When going out into the cold, use wraps suitable to the temperature. Plenty of wraps, if needed, may be used with profit. Not only should the upper part of the body receive its extra clothing when going out, but the lower limbs, neglected usually, should likewise receive their share of warm clothing. This is easily managed by equestrienne tights, so handy and comfortable for women.

Unfortunately, it is fashion that governs our outer garments, so that many women appear on the street with their light wraps even when it is quite cold. Possibly some of them make up for lack of proper wraps by heavy underwear, which may be done if the temperature indoors is adapted to the heavy clothing. But the objection to heavy underwear is that during the warmth of midday and in ordinary

artificially-heated rooms the body is too warmly clothed, and the resistance of the body is so lowered that light wraps fail to be sufficient protection when going out.

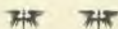
If one is sensitive to cold, or is chilled by a temperature of 60° to 65°, it is time to begin to regain the lost power of health. Such a one is not prepared to resist disease, and a training of the bodily forces is demanded. This may be done by means of cold sponge baths, cold sprays, and plunges. The reaction of the body to cold may be regarded as more or less of an indication of one's vital powers and bodily resistance to disease.

The shoes of modern civilization are not adapted to the best results. Impervious to air, they prevent evaporation and ventilation; tight, they restrict circulation. Instead of con-

ducing to warmth, they rather induce a tendency to cold feet, by preventing ventilation of the feet and by retaining moisture. It seems to be an evil we can not avoid. But to mitigate the evil as far as possible, the feet should be kept dry, by frequent change of hose, and by clothing the feet so as not to induce perspiration. The soles of the shoes should be broad and thick. Rubbers should be worn in wet weather, and removed when indoors, as they favor perspiration, and, consequently, cause cold feet.

Life and vigor come not from warmth obtained from much clothing and fires without, but from a bright burning of the fires of life within. Let not the fires of life, therefore, be smothered by overmuch clothing and artificial heat.

1436 Market St., San Francisco, Cal.



Simple Treatments

By M. B. MacDonald, M. D.

[Supt. Reno, Nevada, Sanitarium.]

THE WET-SHEET RUB.

THIS treatment requires practise and vigorous action on the operator's part to give it successfully. Ask the patient to make himself ready, while you provide two cotton sheets, laying one on a near-by chair; the other gather at one end and place in a tub one-third full of water at 100°. Fill two pails with water 95 to 90° and 90 to 85°, as may be directed, and set beside the tub. Wet the patient's head; then tell him to step into the tub, facing the attendant. Draw the wet sheet up by its gathered ends and fold it around the patient. Then commence rubbing

vigorously with both hands, one upon each side of the patient, rubbing back and forth several times in each place, covering the whole body rapidly to prevent chilling. Patients with delicate skin will require gentle rubbing, but robust people can comfortably endure and really enjoy very vigorous rubbing. The rubbing will occupy three or four minutes' vigorous exercise. After the patient is rubbed thoroughly all over, pour over the chest the pail of warmest water, followed immediately by the second pail; then rub again for a minute or two. Afterward have the patient step out, first unwinding and

dropping the wet sheet; receive him in a dry sheet and rub him thoroughly dry. The wet-sheet rub is most excellent for reducing temperature. It is also a splendid tonic procedure following hot treatments, such as vapor and electric-light baths, hot packs, etc.

It is a useful measure to use in congestion of the brain, lungs, liver, and spleen; in chronic indigestion, chronic bronchitis; in dyspeptic, gouty, rheumatic, diabetic and other conditions where elimination is desired and the skin is inactive, the wet-sheet rub is very valuable as an exciting tonic. Good results may be obtained also by the wet-sheet rub in insomnia.

The wet-sheet rub is a valuable measure, because no apparatus is necessary to give it, and it can be utilized anywhere.

The wet-sheet rub is contraindicated in neuralgic conditions, cutaneous eruptions, and acute inflammations.

Closely allied to the wet-sheet rub is the wet-sheet pack. This treatment requires considerable skill in administration. It is one of the most powerful of all hydropathic measures. Two or three blankets are needed and two sheets. Spread two blankets, the tops even, smooth upon a bed or cot. Spread the third one with the lower edge about four inches lower than the other two. Wring a sheet out of water 100°. Wring dry enough so that the sheet will not drip. Place it quickly even with the top blanket. Ask the patient to lie down immediately, flat on his back. He then raises his arms while the attendant folds one side of the sheet across the body, well up under the arms, pressing it well down between the limbs, so that one limb is covered entirely and the other

is uncovered. Request patient to fold his hands across the chest or lay them straight to his sides, just as he prefers; then draw the other side of the sheet to the opposite side and tuck it in snugly under the body, carefully covering the feet. Then bring over one side of the blanket, then the other side, and so on until all the blankets are folded over, being careful to exclude all air from the neck and feet.

All this can be done in a few moments. It is necessary to be expeditious, otherwise the sheet cools off too rapidly and becomes too cold. Do not bind the patient too snugly, for some become nervous and uncomfortable; so let him have as much latitude as you can without admitting air. If the patient's feet are not warm, give a hot foot-bath before you put him into the pack. After he is in, put a hot-water bottle at his feet and a wet cold cloth on his head, which latter must be frequently changed.

There are four stages of the wet-sheet pack. The first is the cooling stage. Heat is rapidly abstracted from the body and the temperature falls as a consequence. It excites every nerve center in the body to resist the depressing action of the cold, and if the pack is discontinued at this point, that is to say, if the patient is taken out before the sheet gets warm, the effect is powerfully tonic. The second stage, the patient being left in until comfortably warm, is in effect essentially the same as a neutral bath, hence is termed the neutral stage. It is quieting, restful, comforting, and productive of sleep. When prolonged beyond this stage it is termed super-heating stage. Body temperature is slightly elevated at this time. The cells of the body are stimulated to in-

creased activity; and if the pack is still continued, we have the fourth, or sweating stage, when every organ and every nerve center is doing its utmost. This is a powerful method of stimulating the elimination of poisons from the system. It influences general nutrition through the stimulating

effect it has on the nervous system. The wet-sheet pack can be discontinued at any stage, and any stage can be prolonged to any desired length.

More will be given in the next article regarding the uses of the wet-sheet pack.



Winter Cautions

By the Editor

AVOID OVERHEATED ROOMS.

OFTEN in winter the temperature of rooms is kept up to a point which would be considered uncomfortable in summer. Undoubtedly those who can sleep and live in rooms with little or no artificial heat are the better for it. The necessity for artificial heat is to a certain extent a matter of habit. One who has been accustomed to living without a fire will, by a few days' hovering over a stove or in front of a fireplace, become "cold blooded," so that it becomes a real hardship to do without the artificial heat. It is not our purpose to advocate the discontinuance of fires, but the avoidance of excessive heat. Living rooms in winter should never be heated higher than 65 degrees. To avoid a higher temperature it will be necessary to have a thermometer (costing perhaps 25 cents), for if one depends on his judgment, the temperature is more apt to reach 75 or 80 than 65. Overheated rooms mean weakened skin action and increased susceptibility to

DO NOT ECONOMIZE BY SHUTTING OUT THE PURE AIR.

It is saving money at the expense of health—a very poor exchange. We need as much oxygen in winter as in summer. Tuberculosis is largely a disease of oxygen starvation. The most successful cures are the result of open-air treatment. Do not invite the consumption germs by closing your windows.

Dry heated air,—a very common thing in our dwellings in winter—is very detrimental to the mucous membrane of the nose. The dry air of summer is bad enough, but cold winter air, which has already been deprived of its moisture, when heated as it ordinarily is, has its power for abstracting moisture greatly increased. The result is that the nasal passages become dry and crusty. These crusts crack off and are picked off, leaving raw surfaces as an entering-place for microbes. Erysipelas and other serious diseases frequently originate in this way. To prevent, do not get the rooms too warm, and keep a vessel of water on the stove or radiator.

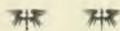
The water will evaporate and add the necessary moisture to the air.

Where crusts have already formed, the best application that the writer knows of, for home use, is vaselin, which may be taken on the end of the little finger, slightly warmed over the lamp, and applied as thoroughly as possible within the nostril. Where crusts form well back in the nostrils, causing distress and difficult breathing, they are best removed by irrigation. The method which is best suited to individual use, one requiring no apparatus but a vessel, such as an old cup or a baking-powder tin, and no medicine but a little salt or soda and water, is here given. Dissolve, either of salt or of baking-soda or a mixture of both, one-half teaspoonful in a pint of warm water. Drink this; but drink it through the nose instead of the mouth. This may seem impossible at first, but it is easily accomplished, and with less danger of damaging the ears than by the douche. The edge of the vessel should be placed against the angle of the lip and nose, and the vessel gradually tipped until the nostrils are under water. If now the breath be drawn

in gently the water will pass into the mouth and can be ejected. In this way a pint or a quart of water can be passed through the nostrils in a short time with no inconvenience, and the feeling of dryness and distress will be replaced by one of comfort. After irrigating the nasal passages it is well to anoint them with vaselin.

CLOTHING FOR COLD WEATHER.

One should not muffle up in cold weather so as to prevent proper removal of the perspiration, and favor the collection of moisture. This practise, so common, is, like overheated rooms, a fruitful source of colds. The other extreme must also be avoided. One should not attempt, even in this climate, to use the same weight of clothing summer and winter. In the writer's opinion the change is better made by means of overcoat or outer wraps, which can be easily removed, than by change in underwear; for there is such a great difference between the temperature at different parts of the day, both summer and winter, that it is impossible to provide for it properly by undergarments.



Rational Treatment of Disease

By T. J. Evans, M. D.

[Supt. Pasadena Sanitarium.]

THE treatment of disease is one of the oldest sciences known to man, because there is a desire to relieve pain whenever it manifests itself. It may be in changing the position, making a local application, or taking a drug

that will deaden and stupefy the nerve centers that have to do with this sensation. Our improvement over our ancestors lies in our being more rational than they. It was customary in years past to draw blood from the veins of those who were suffering

from fever, but now we know that the flow of blood can be changed from one part of the body to the other, accomplishing the same results without the loss of the fluid that is so essential to life. There are those living at present who remember when this practise was in vogue. We thank the Lord that light is shining from the throne of God, and is being appreciated and used by many in this generation.

A thorough understanding of a disease is essential to the successful treatment of it. One should not only be able to name the disease, but to know the actual working of the system under its abnormal condition. A certain disease will not manifest itself the same in two different individuals. Every individual has his own characteristics, and these characteristics cause the disease to vary in its manifestations; therefore a different line of treatment may be called for in the same disease. For instance, two individuals may have rheumatism; one may be strong and robust, the other may be weak and emaciated. The treatment that is essential to the first would be destructive to the latter. The thing, then, to keep in mind is the condition of the patient, and not so much the disease. It is the system that wages war against the disease, and it is the duty of every physician to see that the patient is provided with all necessary material during this time of trial. One eminent professor of Rush Medical College has said that all a physician can ever expect to become is a *hod-carrier* to nature. He, as well as other careful observers, has recognized that recovery lies in sustaining and assisting nature. Tissue-building material is what the body wants, and not so many stimulants.

Besides supplying the body with

good food, it is often necessary to change the circulation so that there will not be too much congestion in one place. This can best be done by the application of heat and cold. The blood is a great germicide, besides having in it the white blood corpuscles, whose function it is to destroy or carry away any material that is working injury to the system. By applying heat the blood is drawn to that place, causing the capillaries to dilate or enlarge so that they will contain more blood. Then, by applying cold, the little blood-vessels contract so the blood is forced out to another portion of the body, and in this way there is a pumping process carried on which assists nature in carrying off diseased material. The blood in the body is constantly changing from one place to another, but sometimes, in case of disease, the congestion is so great that the blood can not flow freely without assistance. It is our duty to assist nature whenever there is a call, and we should act intelligently.

In pneumonia the lungs are so congested that the blood can not flow freely through them. The heart, being forced to work against a full, hard lung often fails as a result. If hot application were placed to the lower extremities, it would take the blood from the congested area, and the patient would be relieved from much labored breathing that always accompanies this trouble. A hot hip-and-leg pack is of great value in many of these cases, and relief comes almost at once.

Sometimes fomentations are of great value, especially where there is much pain. Treat the patient in such a way that you meet all emergencies, and you will accomplish more than you will by treating the disease.

Health in the Tropics. No. 2

By J. E. Caldwell, M. D.

A DAILY bath is proper in any climate. In the tropics it is more important than elsewhere. Even the natives never retire after a day's labor without a bath, and often more than once a day the bath is enjoyed.

The question of wearing apparel is not so easy to discuss satisfactorily. Heavy clothing becomes excessively oppressive in the tropics. If it is required nights or when the damp winds blow toward the equator, it must be exchanged for lighter dress during the heat of the day. White drill for men, with a cork helmet covered with white goods in lieu of a hat, the coat cut to button up to the chin over a gauze singlet, looks well while clean. But such a dress for busy people has serious faults. Only the very strong can dispense with wool with safety. Thin woolen underclothing worn under a *kaki* suit has been tried with some satisfaction. Vests are too oppressive, and can not be borne comfortably at midday. A collar and tie, even when worn with a negligee shirt, can not be borne while exercising. It is too oppressive. It would be interesting to try the linen garments next to the skin, with light flannel trousers, and coat buttoned up to the chin. This would be in harmony with the clothing recommended by Dr. J. H. Kellogg in *Good Health*, without regard to climate.

To recommend clothing entirely suitable in the tropics for the ladies, without offending good taste as we English-speaking people have been taught to regard good taste, is not an

easy matter. Certainly comfort demands that heavy skirts, linings, and all superfluous waists and corsets should be discarded. To wear the conventional dress of this climate, as I have known some to do, is to submit to an instrument of torture which must endanger health and shorten life.

The native women have not yet submitted to the slavery to fashion in the matter of dress. All admit that the Mother Hubbard is the most comfortable form of outer garment a lady can wear in hot weather. The native ladies of the islands universally wear a modified Mother Hubbard. Many European ladies wear a loose dress cut in a similar manner, or a loose wrapper, for home use while performing domestic duties.

High shoes, or "boots," as they are called in the colonies, are too oppressive, except one is called to ride out at night. Low shoes are better suited to the needs of most people in hot countries. I am of the opinion that a footwear at once hygienic, comfortable, durable, and easily cleaned when soiled, being at the same time neat and presentable, is yet to be invented.

In case of weakness of the throat, lungs, stomach, bowels, or of the pelvic organs, or if tendency to rheumatism or neuralgia exists, no one should try to get along without light flannel garments or knit wool. When the cotton clothing becomes wet with perspiration, as it often does in hot weather, standing in a cool wind for only a few seconds may cause a chill. This is much more liable to occur in a climate where continued heat and

humidity have combined to relax the entire system.

In moving to the tropics many people's tastes undergo a marked change. Among our company a quantity of dried, sour plums, which would not have been eaten under any circumstances in California, were eaten with much relish in the islands. Fresh green cucumbers, that would have "gone begging" on our table in the states, were consumed in quantities, and with apparent benefit. The native fruits there are all so sweet, except the limes, that some change seemed to be required by the system.

When one is losing strength—is living on the verge of physical bankruptcy—his temptation to overeat is greater than at other times, because he feels that he must try to support his strength in every way, but that is the very time when the system is least able to stand an increased demand

upon its vitality. Overeating as here used does not mean eating more than the system needs, but more than the digestive organs can take care of under the circumstances. It is easy to see, too, that undigested food in the alimentary canal soon ferments and at once increases the evils already existing. It is plain that under such circumstances one incurs far less risk eating too little than too much, for self-poisoning from fermenting food eaten renders useless the little nourishment one might receive.

Foods which might keep for three or four days on the pantry shelf at home, sometimes sour in twenty-four hours in the tropics. Constant vigilance is necessary to save stewed fruit until consumed, and various dishes made from the legumes, if not to be eaten warm from the fire, should be baked dry in the oven.

Graysville, Tenn.



Question Box

[Answers by W. R. Simmons, M. D., Supt. Portland Sanitarium.]

COTTAGE CHEESE (M. W., Neb.).—
(1) Should sour milk be heated to 160° before using to make cottage cheese? or will that make the curds tough and difficult of digestion? (2) I have read that sour is more easily digested than sweet. If that is so, what is the objection to using cream with acid fruits? (3) Would the addition of a little sterilized cream to prune or apple whip be injurious to one suffering from hypopepsia? (4) Is the practise of shortening bread with cream objectionable? It makes

the zwieback much more tender. (5) Can cream rolls, rice cream pudding, or cottage cheese be eaten with fruit? (6) Where can pure cottonseed-oil be obtained? (7) What do you think of Wessen cooking oil? (8) My gums are emaciated, bleed easily, and at times become red and swollen. My front teeth are becoming loose, and I have a great deal of saliva. What treatment would you recommend? (9) Some fruit makes my teeth sore. Can it be prevented? (10) What do you think of Sanitol?

Answer—(1) Sour milk should be sterilized by boiling before it is used, as it is more wholesome when thus treated than raw milk. (2) Is not so easily digested. (3) That depends on the kind of germs in the stomach. (4) No. (5) By most persons without injury. (6) Address Sanitas Nut Food Co., Battle Creek, Mich. (7) It is probably a good grade of cottonseed-oil. (8) Consult a dentist without delay. (9) Do not use sour fruits. (10) We are not familiar with the product.

COFFEE AND THE HEART (W. H. H. N., Iowa).—Will you answer through the columns of the *JOURNAL*

whether or not there is a chemical property in coffee that affects the human heart in any way?

Answer—Coffee contains a property known as caffein. It first briefly stimulates the heart and arises arterial tension, but soon depresses both. It is also apt to cause severe palpitation of the heart.

FALLING HAIR—IRON IN FRUIT (F. R. T., Oregon).—(1) Is the falling of the hair ever caused by lack of iron in the system, as is claimed by some? (2) What fruits contain iron?

Answer—(1) No. (2) Strawberries and tomatoes.



Effects of Tobacco on School Boys

SOME interesting observations of the effect of cigarette smoking upon boys in school were presented by P. L. Lord in a recent number of the *School Journal*. A public school of about five hundred pupils was taken as an example, and in this school it was found that the boys were very much inferior to the girls in every way. It was also found that a large majority of the boys were habitual cigarette smokers. An investigation was ordered, to ascertain exactly how far the smoking was to blame for the boys' inefficiency and low moral condition. The investigation extended over several months of close observation of twenty boys who, it was known, did not use tobacco in any form, and twenty boys known to be "cigarette fiends." The non-smokers were drawn by lot. The report represents the

observations of ten teachers. The pupils investigated were from the same rooms, in the same schools. No guesswork was allowed. Time was taken to get at the facts of the case on the twenty questions of inquiry—hence the value of the report. The ages of the boys were from ten to seventeen.

The average age was a little over fourteen. Of the twenty smokers, twelve had smoked more than a year and some of them several years. All twenty boys used cigarettes, while some of them also used pipes and cigars occasionally. The following personal peculiarities were noticed in the smokers:—

Twelve of them had poor memories, and ten of the twelve were reported as very poor. Only four had fair memories, and not one of the twenty boys

had a good memory. Eighteen stood low in deportment, only one was good, and none were excellent. Seven of them were very low, being constantly in durance vile because of their actions. Twelve of the boys were in a poor physical condition, six being subject to "sick spells," and were practi-

cally physical wrecks already. Eight were reported as being in a fair or good condition, but none were excellent. The average efficiency of the average boy in this school who had never used cigarettes is represented by about ninety-five per cent.—*Philadelphia Medical Journal*.



Some Good Words for Vegetarianism

"ENGLISH vegetarians are much elated over the remarkable record the vegetarian athlete, George Allen, a Leicester shoemaker, has just made in his walk to London, a distance of ninety-seven and a half miles. Allen covered the distance in twenty hours and twenty-two minutes."—*Chicago American*.

"At least 75 per cent of the human race do not eat meat, and if the other 25 per cent did not eat meat, both the health and morals of this flesh-eating minority would be vastly improved, for it is this minority that also consumes the immense quantities of alcoholic stimulants. The vegetarian races are total abstainers."—*Our Fellow Creatures*.



M. Pascault, who believes the chief cause for arthritic (gouty) manifestations is overeating, recommends for this difficulty a vegetarian diet, with free use of starch, sugars, fats, and green vegetables; abstinence from alcohol, which he says is a veritable poison in this disease, and which is not necessary in a vegetarian diet.

"Methodical mastication and the vegetable diet form the remedy for the condition of overfeeding and dyspepsia of the arthritic."



"If a man can be cruel and be a Christian, then a butcher can be a Christian. But in our conception of the word, Christianity is as far from cruelty as love from hate—as Raphael's Christ from the blood-stained, foul-mouthed slaughterman at the shambles. To keep a cow or a sheep or a hog in order to slaughter it for food is the laziest way of getting food or a living, and laziness is by no means a Christian virtue. The church has ruled saloon-keepers and all men engaged in the liquor traffic out of its membership. If Sir Benjamin W. Richardson was right (and science affirms he was strictly scientific) in his statement that the craving for stimulants has its origin in flesh eating, then the day will surely come when the butcher will be regarded as an enemy of the public health, and therefore an enemy of the public weal."—*Our Fellow Creatures*.

"Shortly after midnight on Monday a group of friends greeted Miss Rosa Symons at the Marble Arch on the completion of a marvelous run of 1,860 miles. The route taken by the little lady was from the Marble Arch, where the start was made on the 21st ult., to John o'Groats, thence right away down to Land's End, and back to the starting-point.

"It was Miss Symons' intention to ride one hundred miles each day, and thus occupy eighteen and one-half days on the long trip, instead of twenty-two days, as on the occasion of her previous run over the same route. The northern point was reached on the eighth day, in spite of adverse weather and bad roads in certain districts. The 863 miles down to the Cornish headland were covered in nine days—a truly wonderful ride, the full time occupied in negotiating the 1,860 miles being 18 days 23 hours 28 minutes.

"Miss Symons is a vegetarian, and favors rational dress on all her long journeys."—*London Express*.

"Russia boasts of the world's greatest choir. It is in the cathedral of Alexander Nevski, in St. Petersburg, and is attached to a convent erected in honor of the patron saint of Russia. Its members are all monks, chosen from the best voices in all the Russian monasteries. When a fine singer appears among the novitiates he is sent to the monastery of Alexander Nevski, where he is trained as carefully as an opera singer, and remains there, doing nothing excepting assist at the music at the mass in the morning, and vespers in the afternoon, until he becomes aged, when he retires on a pension. *Some of the voices are of marvelous strength and sweetness, and it is said that some of the choir can shatter a thin glass into fragments by singing into it, so powerful are the vibrations of their tone. The monks are all vegetarians; they never eat meat.* The rules of the church forbid them to shave, and their hair is worn like a woman's."—*Exchange*.



Nature's Sanitarium

By Henry Theo. Fisher

AN acquaintance with the southwestern Arizona country suggests the thought that the Creator intended to provide a natural sanitarium for the United States; for nowhere else in America does mild climate give winter such an eloquent expression. Upon its dry inland desert, slightly elevated among the mountains, lies the thirsty Salt River Valley, bounded by parallel rocky ranges, which fence the province of minimum rain and maximum sun. Within these walls the flat

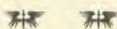
floor of the sandy desert spreads various peculiar growths, giving an artistic effect to the broad, bare room. Irrigating canals, with their cottonwood trimmings and bushy willow sides, thread the valley. Small mountain islands, called buttes, adorn the seas of sand, and around them tracts of fine pasture-land and shaded roadways cover the landscape.

Phoenix, the territorial capital, is to-day a small town, but, on account of the fine climate of the surrounding

region, she is destined to become a city of importance. She excels, in being free from the stimulating effects of altitude, from the dangerous dampness of the coast, and from disagreeable winds. Her hygienic environment is the main source of her usefulness, the advantage of which seems apparently outspoken by the merits of the quiet desert land, soothing sunshine, and dry, healing air. In certain localities the air is vitiated by the ditches, for which reason the

open country is more wisely sought.

One of the genuine health habitations is at Scottsdale, a small tent city ten miles south, just beyond the buttes, where one feels a delightful change in a breath of the atmosphere. People are led here with extravagant expectations, only to find their impressions are wrong. Climate is only one of several conditions necessary to the relief of the invalid; and sanitariums are of little use without the proper nursing.



Undermining the Strength of the Race

By David Paulson, M. D.

It requires no juggling of figures to demonstrate the fact that race deterioration is increasing. When a nation spends many more millions for soul and body-destroying substances than it does for its bread, Bibles, and education, then we should expect nothing else, unless God has revised that significant declaration, "Whatsoever a man soweth, that shall he also reap."

According to the United States census returns, our insane population is increasing 300 per cent faster than the increase in the general population. The consumption germ is now responsible for nearly one-third of all adult deaths. Dr. Park, who has charge of the New York laboratory for the investigation of cancer, recently stated that if cancer continues to increase during the next ten years at so rapid a rate as it has increased during the past decade, it will then be responsible for more deaths than are now caused by tuberculosis. Neurasthenia, or nervous prostration, was an almost

unknown disease a generation ago, but now it has become a household word.

Thanks to the vigilant efforts of health officers and the wide diffusion of the knowledge of sanitary science in reference to the management of epidemic diseases, the great death-dealing plagues of former years have been practically stamped out. The bubonic plague has been cornered in a small portion of the earth. Although smallpox has, during recent years, broken out in a thousand different places, yet by prompt quarantine it has been successfully held at bay. By such measures the average length of human life has been lengthened.

The physician who recognizes these facts is forced to conclude that the temperance question is not confined entirely to the consideration of the evils of the liquor traffic, for the liquor curse is only one of the factors contributing to this alarming race deterioration. All stimulation is only mortgaging

our nervous forces, and sooner or later nature will foreclose the mortgage. It makes little difference whether it was secured from alcohol, opium, tobacco, tea, or coffee, or a stimulating dietary. What we need is nour-

ishment, not stimulation. Inspire the rising generation with the truth that their bodies are divine temples, and that it is an insult to God to wreck, mar, or defile this divine dwelling-place.—*Union Signal*.



Erysipelas

THE new treatment consists in covering the affected parts, and a portion of the surrounding healthy skin, with a thick layer of white vaselin. This, in its turn, is covered with a mask of linen, and held in position by means of gauze bandages. The application is made twice a day. The results obtained by this method are very favorable and gratifying when compared with those following other methods, as painting with tincture of iodine, ichthyol or sublimate, lanoline, etc. Fever, as a rule, was diminished within two or three days, pain and tension in the affected parts were relieved, and recurrences were observed with no more frequency than in cases

in which other methods were employed. In some cases success was astonishing. Patients who came under treatment in the evening with a temperature of 40° C., were in an afebrile condition on the following day, and the extension of the process was checked. Such striking effect was not seen in every case, but even if the disease spread, its course was limited to small areas. The advantages of this method consist in the innocuousness of the remedy, and the absence of pain and irritation which accompanies the application of such substances as iodine or bichlorid.—*Dietetic and Hygienic Gazette*.



Olive-Oil in the Treatment of Lead Colic

M. DUPLANT, in a recent communication to the Medical Society of Lyons (quoted in *New York Medical Journal*), reported a case showing the value of olive-oil in lead colic. A man forty-five years of age had suffered from violent colics for six days, and no measures afforded relief, constipation particularly resisting all efforts to overcome it. When M. Duplant saw the patient he found him in the knee-

chest position, crying out constantly and vomiting incessantly. Ice, chloroform water, and other measures were without effect. M. Duplant caused the patient to drink olive-oil in quarter tumblerfuls. He vomited only once afterward, and two hours after the commencement of the treatment was greatly relieved. In the evening he had one stool. In the night a return of the pain was rapidly relieved by the oil,



Woman's Realm

Conducted by MRS. M. C. WILCOX



NEW EVERY MORNING

EVERY day is a fresh beginning,
Every morn is the world made new,
You who are weary of sorrow and sinning,
Here is a beautiful hope for you,—
A hope for me and a hope for you.

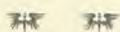
All the past things are past and over,
The tasks are done, and the tears are
shed.

Yesterday's errors let yesterday cover;
Yesterday's wounds, which smarted and
bled,
Are healed with the healing which night
has shed.

Yesterday now is a part of forever,
Bound up in a sheaf which God holds
tight,
With glad days, and sad days, and bad days,
which never
Shall visit us more with their bloom and
their blight,
Their fulness of sunshine, or sorrowful
night.

Let them go, since we can not relive them.
Can not undo, and can not atone;
God in His mercy receive, forgive them;
Only the new days are our own;
To-day is ours, and to-day alone.

—Susan Coolidge.



Winter Evening Amusements

By Mrs. M. C. Wilcox

LAST month we offered a few suggestions regarding the little ones, and now the serious question confronts us, How shall the larger children spend the long winter evenings?

Having tucked the babies snugly away in their little beds, the house grows more quiet, and opportunity is offered for that which is more serious.

Parents must not, however, forget that the buoyancy and ardor of the youthful mind require that which is both attractive and entertaining as well as educational.

All true parents, especially godly ones, long to have their children learn to love the pure and beautiful principles of truth taught in the Word of

God. But we can not expect these things to appear to them as attractive as they do to us, who have lived much longer, and have felt the necessity of having a firm and sure foundation upon which to build character. We must learn, therefore, to adapt these things to their needs.

Naturally, children love games, and, notwithstanding there is a strong tendency to grow away from all that savors of religious games, still I am sure, by experience, that it is altogether within the power of parents to educate their children to love and enjoy Bible games.

If a knowledge of the Word of God can be made more attractive by being

placed in the form of a game, by all means arrange it so.

Before children are corrupted by contaminating, evil influences, it is much easier to foster a love for these things than later on. I speak this from experience, and wish to make it emphatic. You can shape them as you will. Parents, what are your wills concerning these things?

If you have not access to a good game of this kind, make one yourselves. A little thought and ingenuity will aid you. What do you desire them to learn? To repeat scripture? To learn the history? To get the theology? Whatever may be the thing you desire most, let that guide you in arranging the game. It will, if it works well, be played over and over again, and should be arranged with care.

In my own family I felt anxious my children should learn to repeat the Scripture. We used to have a blackboard in the dining-room, and on it day after day were placed texts of Scripture with the reference. All the family were requested to get one verse at least a day. As soon as all were learned, they were erased and replaced by new ones. All of this was preparatory work. At family worship we

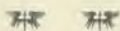
made it a practise to quote Scripture instead of reading, each giving a text from memory. Then we arranged a plan of handing out cards. On some were texts, on others references. If the text was given the reference was required, and *vice versa*.

Two games have been made in our family which proved quite a success, one by each parent. The first was a simple little game running something like this: Give two texts of Scripture beginning with the word "and." If done, a certain number of credits were allowed. Give five texts beginning with the word "blessed," credits allowed, going on as far as desired; the one getting most credits wins. Arrange credits according to the difficult texts called for.

The other game is much more difficult, and arranged with much care, on historical lines. It is both entertaining and educational for old and young.

Is it not worth all our poor efforts to make a knowledge of the precious Book of books entertaining and attractive to our children? Surely it is, and by sowing the good seed early in their hearts, we may be assured that when the reaping-time comes our hearts will be made to rejoice.

(To be continued.)



Dress. No. 3

By Abbie M. Winegar, M. D.

ITS EFFECTS ON RESPIRATION.

AMONG civilized races there is a marked difference between the respiration of man and of woman; the breathing of man being principally

with the lower part of the chest—the diaphragmatic or abdominal type—while that of the woman is almost entirely with the upper part of the chest, commonly known as the costal

type. So general are these two forms of breathing in civilized nations that physiologists have come to look upon them as being normal. The difference in the two methods of breathing is quite perceptible to the eye. In man there is with every respiration a free movement of the abdomen or lower part of the chest, while in woman no movement is observed at the lower portion of the chest, but a rapid heaving movement of the upper part of the chest, and often the muscles of the neck stand out very prominent with every respiration. A more thorough investigation would also reveal the fact that it is impossible for a woman in the conventional dress to expand the waist for even a quarter of an inch, so the breathing must be done with the upper part of the chest.

Physiologists in forming their conclusions on these methods of respiration have, doubtless, made studies only of civilized races, as more recent investigations of the subject with uncivilized as well as civilized races have revealed the fact that under similar conditions man and woman breathe the same, both expanding the upper and lower part of the chest. The respiration of children, both boys and girls, is of the same character as that of man until they reach the age of thirteen or fourteen years. The laboring woman, or one who has never been hampered by her clothing, breathes the same as man. It has also been observed that during the sleeping hours, when there is no constriction of the body, woman breathes with the lower as well as the upper part of the chest.

That there is a change in the manner of breathing of girls at about the

age of thirteen or fourteen no one will deny; but the reason is also apparent, as it is about this time that fond mothers begin to adjust the clothing in such a way as to make a "fine form."

The child who has formerly been free, with her clothing loose and suspended from the shoulders, now adopts the corset, and that portion of the body known as the waist must be laced in, to bring it in proper proportion with the bust, to meet the conventional idea. The soft, pliable structures are compressed, the lower part of the chest is held firm, and the action of the diaphragm greatly hindered. At first there is a feeling of constriction, and oftentimes an effort to take a deep inspiration, but the body soon yields to this constriction, and the child ceases its efforts to use the entire chest, and nature adapts herself as best she can to the new order, and by the more rapid breathing of the upper part of the chest endeavors to obtain the necessary oxygen for the system.

The nourishment and development of every organ, muscle, or tissue of the body are dependent to a large degree upon the supply of oxygen received through the lungs. Anything that interferes with this supply hinders the growth and work of the entire body. Many of the diseases so prevalent at the present time are due to deficient oxygenation of the blood. Throat troubles are said to be much more common with women than with men. Weakness of the whole body follows the constriction of the waist and hindrance to full expansion of the chest. The inability to expand the lower part of the chest tends also to cause weakness and atrophy of the

muscles which form the abdominal wall, which is another cause of weakness and disease among women. Correct breathing is as necessary for the strength and health of the abdominal viscera as it is for the lungs.

The conventional mode of dress is undoubtedly responsible for the artificial method of breathing which is so common among civilized women, and is thus responsible for a large part of the diseases which are to-day undermining the strength and health of the race.

IN the November *Kindergarten Review* I find this statement in an article by Caroline Hardy Paton, on "Accessory Treatment:" "In physical disease accessory treatment is often of more importance than medicine. The same thing is true of mental and spiritual irritations, and, many a time, an individual morally defective can be as surely recuperated by simple, wholesome diet, ample rest and exercise, and pleasurable occupation, as can the mental or physical wreck."

If parents could only appreciate this in their discipline of their children, how many poor little nervous children, with stomachs all inflamed and irritated by eating rich foods, candies, and sweetmeats, at any and all times, would be spared the punishments they receive for their naughty, bad ways! How unkind and cruel it is to punish the little ones for the sins of their ignorant parents! The cause for the manifest naughtiness will surely be sought for by the wise and loving parent. Oh, when will parents become intelligent in the matter of feeding children?

The Cool Morning Bath

A FATHER TO HIS DAUGHTER.

["I get up early every morning and take a cold water bath. It takes quite a good deal of nerve upstairs in that cold room, but mama says my complexion is better for it." —*Extract from the daughter's letter to her father.*]

YES, it does, my little daughter,
Take a real good bit of courage,
In a cold room with cold water,
For a lassie of 'bout your age,
To a-bathing go each morning,
When one feels she would be sleeping,
Chills adown the spine are crawling,
Goose-flesh over all is creeping.
Yes, it does; and some one older,
Taking his bath every morning,
Is but very little bolder,
As the night speeds to the dawning.

But it only prolongs torture
To put off the crucial minute
When poor, timid, shrinking nature
Shall indeed find itself "in it."
And it never helps the matter,
Disrobed, shivering, still to linger,
And, while teeth play useless chatter,
Touch the water with your finger.
All such bathing's one slow freezing,
Chilling every bone and sinew,
Starts with shakes and ends with sneezing,
Blighting all the vigor in you.

Spring from bed in youthful ardor,
Dash the whole hand in the water,
Dallying will make it harder—
Splash right in as on the slaughter
Your own blessed life depended;
Use the liquid in good measure,
Quick the work the sooner ended,
Far more vivid is the pleasure.
Heart springs forth to joyous action,
Blood goes tingling on its courses,
On to every part and fraction,
Back again with stronger forces,
Till the whole glad system working,
Glowing with a sense delighting,
Never stopping, never shirking,
Finds at last the goal inviting;
Knows no more the weakening, sickening,
Finds the joyous, clear, sweet quickening.
And I think that I'll not rue it,
If I say, Boys better do it.

FATHER.



Editorial Articles



The Curse of the Century

THE question has been asked us why we have so little to say on the liquor question—whether we consider the question of diet of greater importance than that of intemperance. Lest others may misinterpret our silence, we will state that the social evil and intemperance are two giant wrongs, sapping the life of the rising generation and destroying their hope of eternal life. They are monstrous evils, working together for the destruction of all that is pure and good. They fill our almshouses, our hospitals, our asylums, our jails. They breed a rising generation of criminals. The victims have our heart-felt sympathies and our prayers. The bartenders and other paid employees may be to some extent excusable, but those who form the Wholesale Liquor Dealer's Association, what shall we say of them? Men of intelligence, capable of understanding the mischief they are doing, yet deliberately planning the wholesale destruction of the rising generation! Are there worse criminals inside the bars of our penitentiaries? Even now in Chicago, so we learn, there are kindergartens in vice where the little ones are lured and given sweetened drinks, in order to form an unconquerable appetite for liquor at this tender age.

The liquor dealers say the temperance movement is so fortifying the rising generation against intemperance that their business will be ruined if they do not use active measures to re-

cruit their army of drunkards. The whole business is from beneath. The saloon and the brothel go hand in hand, seeking whom they may devour. The wise man cautions against both.

"Let not thine heart decline to her ways, go not astray in her paths. For she hath cast down many wounded; yea, many strong men have been slain by her. Her house is the way to hell, going down to the chambers of death." Prov. 7:25-27.

"Wine is a *mocker*, strong drink is raging; and whosoever is *deceived* thereby is *not wise*." "Who hath woe? who hath sorrow? who hath contentions? who hath babbling? who hath wounds without cause? who hath redness of eyes? They that tarry long at the wine; they that go to seek mixed wine. *Look not thou upon the wine* when it is red, when it giveth his color in the cup, when it moveth itself aright. *At the last it biteth like a serpent, and stingeth like an adder.*" Prov. 20:1; 23:29-32.

By comparing the last four verses with those that just precede and follow them, it will be plain that the wise man associated these two great evils together.

Why have we not said more concerning these excrescences?—Partly because the JOURNAL reaches a class, as a rule, which do not need especial instruction on these lines. Our work is more specifically to reach the people before they have had their preliminary

training on stimulation—mustard, condiments, spices, tea, coffee—to head off the stream before it has grown to be an uncontrollable torrent. While these great blots are feeding our almshouses and penal institutions, *they are being fed by the wrong habits of the home*, and there we desire to strike.

Mothers, fathers, as you value the future happiness of your loved ones, do not place before them on the home table those things which will lead to a craving for something stronger. Do not, we beg of you, place before your darling son or daughter such preparations as stimulate and fire up

the internal organs, and then expect your prayers for these dear ones to be answered. "Faith without works is dead." James 2:26.

The principle of temperance *in all things*, firmly fixed in the mind of the child, will often be a shield to it in the hour of temptation. But the habit of indulgence having been once formed—the character weakened—the work of overcoming is a hundredfold harder. Wise men, mighty men, statesmen, men of renown, all fall before the onward march of the destroyer. No one is so strong that he can afford to tamper with this weapon of Satan.



Is White Bread the "Staff of Life"

THIS is an important question, not only to the miller whose capital is invested in a costly plant for the production of such flour, but also to every consumer of bread. Naturally the miller is manifesting far more interest in the subject than the consumer, because it touches his pocketbook, while with the consumer it is only his health that is involved. The government has taken up the cause of white flour; for in Farmers' Bulletin No. 112 of the U. S. Department of Agriculture, issued in 1900, the claim is made that white flour contains the greater part of the nutriment of the wheat (which is so), and that the outer part of the wheat which is included in whole wheat and graham flours contains nutritive matter difficult of digestion. As they admit, this latter claim is not positively proven.

To quote: "Lately much stress has

been laid on the nutritive value of the mineral matters and the cerealin of the bran; consequently a great effort has been made to get a fine flour which shall include the entire wheat grain. Such a flour can not produce as white a loaf, and what is still more to the point, it is doubtful whether the cerealin is thoroughly digested by the human stomach; moreover, the sharp, rough particles of the cellulose in the bran are said to irritate the membranes of the alimentary canal, and thus to hasten the passage of the food through the intestines. This would tend to diminish its digestibility, although it might be advantageous in counteracting a tendency to constipation. It would seem, then, that the value of bran in flour, unless it can be ground more finely than at present, is at least questionable. The germ, though rich in fat and ash, is

also of doubtful value in the flour, as it tends to darken the color, and its fat occasionally grows rancid and spoils the taste."

In our opinion the above objections are not of great weight. In the first place the sensible person will not long hesitate between color and food value. Second, the indigestibility of the cereal layer is not positively proved. Third, the laxative tendency is with many and perhaps most people an advantage rather than otherwise. Regarding the germ, the color will not necessarily be an objection, and the tendency to rancidity is one which the writer has not observed after quite an extensive acquaintance with whole wheat flours.

Those who make bread from whole wheat flour usually have best success by setting the sponge with white flour. This produces a lighter loaf than can ordinarily be made from whole wheat flour alone. By this method there is the lightness and

color of white bread, with the advantages of the whole wheat.

In connection with this we recall the fact that one physician thinks he has traced appendicitis to the use of white flour. He says this disease is not found in those countries where white flour is not used. When the North alone used white flour, they alone had appendicitis. Following the introduction of white flour into the South appendicitis appeared there, but affected only the white population at first. Later the colored people began using white flour, and they, too, became victims to the fashionable modern disease. How much truth there is in the report we do not know. It needs confirmation by others in order to be of great weight; but it certainly is worth consideration.

The success of the many "health foods" on the market is undoubtedly due partly to the demand of the system for a grain which has not been robbed of part of its nutritive qualities.



Which Tends to the Healthier Growth—Fostering, or Repressing?

In my younger days, when I was taking my gymnastics with a hoe, I used to wonder why useful plants were so hard to raise, while weeds could be raised without any effort. Was it simply a combination calculated to furnish work for a small boy when he wanted—awfully bad—to go swimming? I have learned since that a weed is hard to kill because we are trying to kill it. It has so many enemies that only the hardiest survive to propagate the race. It is said that American weeds are not bad, but that the European weeds which have got

over into this country spread in spite of all that can be done to destroy them. For centuries they have been undergoing a hardening process, clinging to life under the most adverse circumstances.

Trees grown in the center of great forests are not deep rooted. Sometimes when the surrounding trees are cut away, the wind sends some of these forest giants to the ground. The trees grown out where they are exposed to the tempests are scrubrier, tougher, deeper rooted. They may not present so beautiful an appearance,

but they are proof against the wind. Plants grown in a hothouse year after year, in the course of time become extremely sensitive to cold. Tropical plants, on the other hand, may be gradually trained to endure a more rigorous climate.

We cultivate guinea-pigs and kill off rats; and the rats are much the hardier. The street gamin is a tougher specimen than the offspring of wealth and luxury. The Spartans were a strong people. Everything else was killed off, and only the vigorous helped to propagate the race. The weakly died young. The general average of life was perhaps shorter; but those who survived entered into a more splendid physical manhood and womanhood than that of the present century.

Modern methods tend to increase the general average of life by lengthening lives which in former times might have been extinguished at an early age. Many of these weak ones whose lives have been preserved marry; their children inherit their weakness in a still greater degree. Greater professional skill is required to bring them up to a marriageable age, and so the difficulty increases. With a wealth of hospitals and doctors, we, by a process of nursing, are lowering the average vitality and vigor of the race.

But shall this work be discontinued?

Shall we return to the old method of permitting the feeble to pass off the stage of action as soon as possible?—By no means. Life is a blessing even to the feeble. They may not have inherited a capacity for a great work or keen enjoyment. They may not be able to give to the world a vigorous posterity; but they enjoy living, and their progeny will probably be glad for a place on the earth, even though marked by feebleness and pain. Again these same feeble ones can, if they proceed properly, gain back much, if not all, their lost ground. Faithful continuance in well-doing will in the course of years accomplish wonders. This does not mean coddling, but *hardening*, becoming used to vigorous exercise, rigorous cold, and spare, plain diet. It means what Mark Twain called "roughing it." The feeble youngster who goes through such a process, if not "kilt entirely" by it, will be browner, hardier, more self-reliant, more manly.

Even now I have no doubt there are many whose lungs and skin are starving for fresh air, who are stopping up every crack to keep out the oxygen, and putting on "lung protectors" to interfere with proper skin action. In addition to this they are eating freely of questionable kinds of food, and taking little or no exercise. They wonder why they are on the decline.



Faith Healing—Hypnotism

MANY people are sick because they think they are, or because of a depressed mental condition. There is no doubt about it. Every successful phy-

sician, consciously or unconsciously, works on this principle. Either he has great faith in his remedies and unconsciously impresses this faith on

his patients, or else he realizes the marked influence of mental states upon the health, and, knowing the patient must have something tangible to base his faith upon, he proceeds to administer bread pills or colored water, with careful directions as to how they are to be taken.

There are successful physicians in all schools. There are some successful practitioners—so far as patients and dollars go—of no school; quacks, we call them. These all have a measure of success, whatever their methods. One thing they all have in common, that of inspiring hope in the patient that the remedy will cure him. No man who has not this ability, or who has no confidence in his ability to cure, can have success.

A valvular heart disease or a broken leg can not be cured in this way, but a proper mental state may help to tide the patient over a critical period, and start him on the road to partial recovery. In some cases recovery depends almost entirely on the mental condition. In all cases the mental state exerts some influence to hasten or retard recovery.

Every person has an influence—more or less marked—on those with whom he comes in contact. The influence of a physician on his patients is most potent. If he is a godly man, submitted to his Master, his influence will be that of the Master working through him. Such a man must be loyal to the truth. He can not work on the principle that "the end justifies the means." He can not knowingly deceive his patient in the least particular. He receives wisdom which enables him to lead the patient to trust in the power and wisdom of the great Healer. He is not under the necessity of saying to his patient, "How much better you are looking this morning!" when, in reality, the patient is not looking so well. His connection with the Man of Nazareth inspires him, and through him his patient, with confidence. Above all, he prays, and teaches his patient to pray.

The physician without Christ exerts an influence—call it suggestion, or hypnotism, or what not—it is all from one source, and the more skilful the physician, the more potent and permanent the influence.



A Recommendation for Unfermented Wine

THE wholesale liquor dealers are ordering unfermented grape juice in quantity, saying it is in considerable demand by bartenders. These men being called on frequently during the day to take a social glass, have found it a great advantage to substitute *for their own use* the unfermented juice. If they would substitute it for their customers, they would do them less

harm—but they would doubtless lose customers. The bartender has an eye to business, and sometimes an eye to his own health. He can stand to treat twenty, thirty, forty times a day, and will be all the better for it—physically. But his conscience—if he has one—must smite him as he sees the "other fellow" drinking liquid fire.

"DISINFECTION AND DISINFECTANTS." A practical guide for sanitarians, health and quarantine officers. By M. J. Rosenan, M. D. P. Blakiston's Son & Co, publishers, Philadelphia. Well illustrated; 350 pages; cloth; price, \$2.00.

This work gives in condensed form the latest and best information regarding the use of disinfectants. While prepared especially for the use of health officers, the book is so plainly written that its information is available for any one of intelligence who may desire to make use of it. Theories and controversies are avoided, the space being reserved for the explanation in clear language of the most successful methods of germ destruction.

"HANDBOOK OF MEDICAL AND ORTHOPEDIC GYMNASTICS." By Anders Wide, M. D., of Sweden. Funk & Wagnalls, New York, publishers. 368 pages; cloth; illustrated; \$3.00 net.

This is the second revised edition of the American translation of a celebrated work by one of the masters of Swedish gymnastics. The book far surpasses anything we have seen in English, both as to the wealth and niceness of its illustration and the completeness of its descriptions. The first half of the book is devoted to a description of each movement,—the last half to a consideration of each disease and its appropriate treatment. To all who are interested in the important subject of medical gymnastics, we heartily recommend this work.

"THE PUBLIC AND THE DOCTOR" is a work of 150 pages, of a size to go into the coat pocket. It contains much helpful information regarding the re-

lation of patient to doctor, the proper selection of a doctor, and how to treat him. Dr. E. B. Hadra, publisher, Dallas, Texas.

WE have received from the secretary of the board of trade, Phoenix, Arizona, a folder entitled "What Arizona offers Health Seekers in the Matchless Climate of Phoenix and the Salt River Valley." It gives a very excellent brief description of this wonderful climate, with a number of half-tone engravings. This folder can probably be had for the asking; or a handsome, illustrated booklet will be mailed by the secretary of the Phoenix board of trade on receipt of six cents in stamps.

Getting Rid of Rats

COMMON green copperas, pulverized, and thrown pretty plentifully about where the rats travel and also in their holes, so they must walk over it, will effectually drive them away, where traps, poisons, and cats fail to dislodge the pests. The copperas makes their feet sore and they will speedily leave. This remedy has proven so entirely successful that it is a pleasure to make it known.—*Country Gentleman*.

BILL NYE once said that John Bright, having discovered the need of "a good, reliable disease for the use of the aristocratic and patrician statesmen," began to "sit up nights and perfect Bright's disease." He says of it, "It has been kept out of reach of the poor, and to die of this disease has been regarded as a proud distinction."

PACIFIC HEALTH JOURNAL

MONTHLY—DEVOTED TO

Family Hygiene and Home Comfort

G. H. HEALD, M. D., Editor

H. H. HALL, Business Manager

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All contributions, exchanges, and matters for review should be sent to the Editor, Sanitarium, Cal.

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NO. 1.

Bread the Staff of Life

BREAD, in one form or another, is perhaps the most extensively used food of the human race. Civilized and savage, black and white, rich and poor, a large majority use some form of bread. Bread was evidently known to our first parents, for the word to Adam was, "In the sweat of thy brow shalt thou eat bread." Raised bread also dates from a very remote antiquity, for we find it in common use in Egypt before the time of the exodus.

Bread in the Bible is recognized as the symbol of food—that which gives life. In fact, the Saviour uses it as typical of His own life-giving qualities. He instructs His disciples to pray, "Give us our daily bread." He refers to Himself as "the Bread of Life." In the communion service, partaking of the broken bread typifies the receiving of the life of Christ into the individual. Bread is recognized as indeed the "staff of life;" and justly so, for there is probably no one food which will so long sustain a person in good health as a properly made bread. We say "a properly made bread," for there is much of the bread which falls far short of being a perfect food.

It would be interesting to study at length the various steps by which the process of baking has been gradually perfected, but space forbids. A prominent book on baking notes, in connec-

tion with the improvements in making bread, a very significant fact: "Like all necessities, bread has gradually been perfected, by the various nations, partly according to their cereal resources, and partly in proportion to their state of civilization; and in this connection it is worthy of remark, and at the same time to be regretted, that with an advancing refinement and increasing luxury the bodily health of the people proportionally decreases. This is specially noticeable in respect to the digestive organs." Does this not mean that modern improvements in bread making are largely responsible for the digestive disturbances in civilized countries? Where on earth do we find so large a proportion of dyspeptics as in the United States, where everybody is financially able to live on fine flour bread? Are not the European peasants, with their coarse bread, our superiors in digestive power?

The effort of modern bakers has been, very largely, to please the eye and the palate. This has not always resulted in the production of a hygienic bread. In order to make the flour whiter, it has been robbed of some of the most valuable ingredients of the wheat. The bakers are hardly to be blamed. They have furnished what has been demanded. They are in the business to sell bread and make

a living. Naturally, they make the kind of bread that sells the best.

The Sanitarium Food Company are not in the business to make money—that is, not primarily. Money, of course, is convenient; but the food company's plant was established solely as an educating center. It stands for better foods, better habits, a purer life.

Among other things it manufactures bread; and the aim of the managers, from the purchase of the flour to the supplying of the customers, is (1) to produce the best that can be made so far as health and cleanliness are concerned; (2) to give good value for the money; (3) to meet the people as near as possible on the question of appearance and taste.

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Our New Volume



THIS issue of the **PACIFIC HEALTH JOURNAL** is the first number of Volume 18. We trust that our readers have been benefited by the articles which have appeared during 1902, and can assure all that we are planning for instructive and interesting matter for this year. Below we give a partial list of important subjects which will receive consideration:

Physical Culture
Temperance
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Description of Valuable
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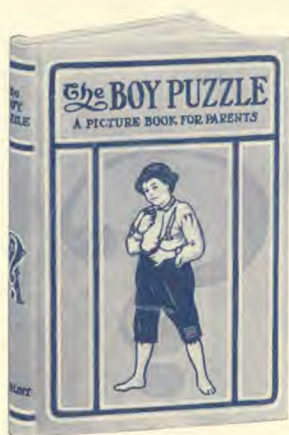
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The Boy Puzzle

This book has just been published by the Pacific Press Publishing Company, and is dedicated "To parents who prize Old-Fashioned Christian Family Life, while Believing in Progress."

"The Boy Puzzle" has the "true ring." Parents will at once realize that the author is master of his subject.

The book is illustrated by the use of reproductions of charts used by the author at his lectures. These sketches represent in an original and most interesting manner the various stages of mind development.

The Rev. James R. Kaye, Ph. D., author of "Christian Science Examined," has contributed a splendid chapter, entitled "The Crown of Child Culture."

Mrs. McVean Adams presents a beautiful address, headed, "The Mother and Her Bible."

As a fitting conclusion, the Rev. Clement E. Babb, D. D., the associate editor of the *Herald and Presbyterian* and the *Interior*, powerfully advocates "The Bible in the Home."

We earnestly recommend this book to all Christian parents

The author's concluding remarks in his earnestly-written preface are worthy of careful thought: "We hear much of the need of a deep and thorough revival of religion, but have we not in the work of Christian nurture the greatest of all revivals? The awakening is here and now at hand, only that it centers about the hearthstone instead of the mourner's bench. May the reader share in its blessings."

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