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PACIFIC HEALTH JOURNAL

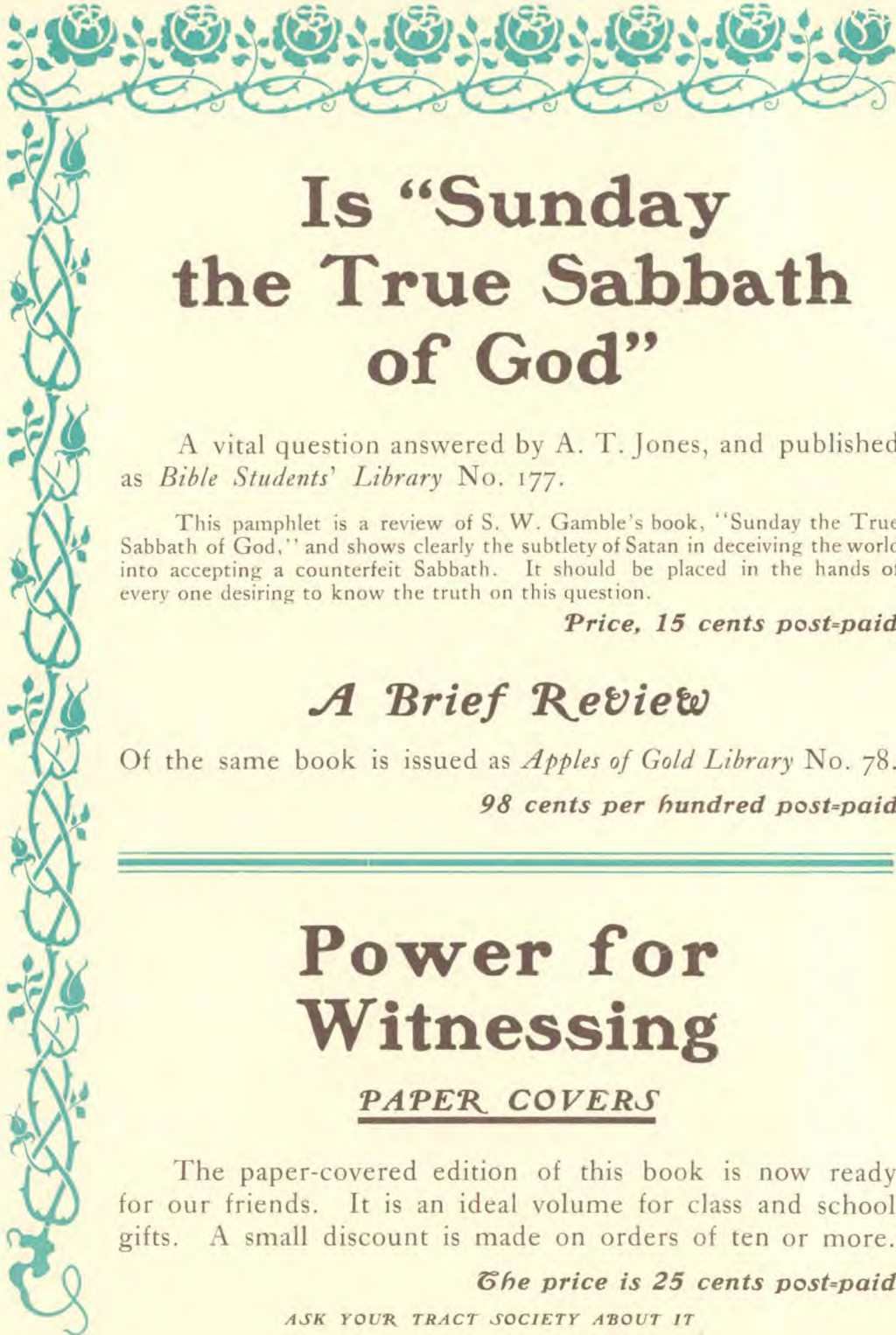
APRIL, 1903

CONTENTS

- Nature's Defense
Diet Question in England
The Infant
Notes on Cooking
How to Live Cheaply
The Need of Rest
How to Eat for Health
Purity and Mothers'
Meeting

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Volume XVIII
No. 4



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PACIFIC HEALTH JOURNAL

A Sound Mind in a Sound Body

VOL. XVIII.

Oakland, California, April, 1903.

No. 4.

Nature's Defense

By Frederick M. Rossiter, M. D.

NAPOLEON, who was quick to see the strategic value of a position, is quoted by Emerson as saying: "Life is a fortress. . . . Why throw obstacles in the way of its defense? Its own means are superior to all the apparatus of your laboratories." The physician better than any one else knows this. He knows that he can not cure the simplest ailment. He is the aide-de-camp, the assistant of nature, nothing more. He may bind up wounds, administer medicine, prescribe a diet,—then he must stand back while nature heals. The true physician, in fact, practises not medicine but the healing art. He devotes himself to removing the obstacles in the way of life's defense and to helping the garrison of the fortress. The body as a whole is a fortress, and by means of its physiological functions, combined with a proper use of the intellect, is able to repel invading forces, ever acting on the defense, counteracting morbid influences, with a natural tendency to preserve its equilibrium, which we call health.

Health is to the defenders of the fortress what patriotism is to a nation,—it unites vast armies that without it would be at variance; it organizes them to resist attack; it enables them

to vanquish and defy their enemies at the greatest odds. We might liken the billions of cells in the body to private soldiers in the garrison defending the life of each individual. The nerves are the officers and the mind is the commander. From this viewpoint health is the harmony of cellular activity. Preventive medicine is the code of discipline. The physician is the commander's private adviser, under whose supervision the troops are drilled. The maintenance of life and health depends upon the concerted action of all these forces,—the physician, the individual, the cells of the body.

Lowered vital resistance is the disorganized condition of physiological forces. Natural resistance is the ability of the body to defend itself. The capability of the body to maintain health is the measure of its vitality. Some estimation of the vital force of any individual may be gained by observing his power of reaction to both direct and indirect influences.

With his first breath the infant begins a lifelong struggle. Were he not fortified by nature with the strongest defenses he could not survive one day. He is organized expressly to live, to grow, to gain strength, to maintain health. One of the vital

forces ever at work maintaining natural resistance is the blood, which is a veritable stream of life, flowing to every part of the organism, supplying it with building material, enabling every tiny cell to do its share in the preservation of the fortress. Not only this, but the blood is also constantly repairing broken places, oxidizing poisons, and carrying wastes to their proper eliminative organ.

The alkalinity of the blood is another defense. When the alkalinity is diminished, as in fevers, rheumatism, diabetes, the reaction of the tissues to injury is lessened, and the natural resistance is materially reduced.

The lymphatic glands and that most interesting process known as phagocytosis play a prominent part in the natural defense of the body against disease. The lymph glands in the vicinity of any infected area always become enlarged, being actively engaged in removing the cause of disturbance.

The liver plays an important role in the natural defense of the system, by retaining and oxidizing uric acid poisons and ptomaine, also by its glycogenic function acting in harmony with muscular contractions, pouring glycogen into the blood when the muscles are working.

The suprarenal bodies and the thyroid gland regulate the tonicity of the blood-vessels and elaborate secretions that are indispensable to the proper nourishing of the tissues.

According to Roger the lungs play an important part in oxidizing and destroying poisons developed in the body and those that are introduced, such as morphin, atropin, and other drugs. The skin also has been shown

by Labourand to possess special defensive functions. Not only does it resist extremes of heat and cold, but it protects itself against germs.

The mucous surface of the nose, the pharynx, the mouth, and the stomach are able, under normal conditions, to defend themselves against bacterial invasion. By the aid of a healthy secretion of gastric juice the germs of typhoid fever, of cholera, and of other pathogenic bacteria are quickly destroyed.

In brief and in fact the body has been equipped by nature not only to defend itself against the open attacks of disease, but also to resist its secret approach; not only to cure and restore disabled parts, but also to repair the destruction wrought within itself by functional activity, by mental and physical work; not only to oppose disease, but also to maintain life and health, and that alone by purely natural and physiological processes. All fortresses, however, are not equally impregnable. No two bodies are exactly alike. Every individual is impregnable from the outset, through, it may be, a limitation of vital force, a defect of birth, a chance of environment. As the strength of a chain is measured by its weakest link, so the strength of the body is determined by its weakest organ, its place of least resistance.

Moreover, the body can offer little immediate resistance to mechanical injury or to the violent forces of nature. However, there is nothing more remarkable than the power of the healthy human organism to heal a wound, to knit together a broken bone, to recover from severe exposure, or shock, or strain.

To keep the human organism

healthy, to prevent the disorganization of the bodily forces, to maintain the most perfect natural resistance, to

increase the capacity of the body to maintain the harmony of cellular life, is the business of preventive medicine.



The Diet Question in England

By J. O. Corliss

CONSIDERABLE agitation has lately been stirred up in England over the question of diet. There has seemed to be quite a disposition on all hands to admit that flesh is not the best food for a continuous diet. With the beginning of the year Eustace Miles, a man of considerable local distinction, wrote a series of three articles on the subject, which were printed in the London *Daily Mail*.

We have not space in this article for the reproduction of all the sensible things he said, but will give a few. Speaking of his late Christmas dinner, which he cooked for himself at a cost of eighteen pence, just in the way of an experiment, he said:—

"I cooked nearly the whole of a varied Christmas dinner for myself, and was actually able to eat it afterwards. What should I have made of the customary soup, fish, entree, beef, turkey, sausages, vegetables, plum pudding? The raw materials for such a dinner, with the alcohol that seems almost its birthright, would cost, I imagine, at least six shillings a head, even when a large party was catered for. My food cost less than one and sixpence.

"I mentioned alcohol as an item in the usual British meal. Whether over-eating or overdrinking of alcohol and

other stimulants be the worse evil may well be questioned; but that over-eating generally leads to overdrinking of stimulants can not possibly be denied. Food that is excessive in quantity, as well as highly seasoned, irritating, ferment favoring, thirst creating, is a potent cause of dipsomania, or the craving for more or less stimulant. While people are eating, or after they have eaten, they feel as if they must drink.

"Our national bill for beer, wines, and spirits—I don't know how many millions it now amounts to annually—has kept pace with our increase of luxuries of the palate, as distinct from nutrients of the body and brain. With such meals as I had I was able either to enjoy the taste of alcohol as much as I ever did, or else to be content without it. And this is a decided advantage; it spells freedom. Moreover—and here most readers will grant me the point without demur—there was little temptation to overeat."

The menus of these experimental meals are given in a general way by Mr. Miles as follows:—

"There was included a special Plasmon vegetable soup, flavored with herbs; macaroni cheese and green vegetables served in their native juices; cutlets formed with haricot beans,

sage, etc.; curried lentils; three cereal foods with fruit and cream; Plasmon jelly flavored with orange water and prunes; Welch rarebit on Hovis, or another good bread, and a few thin slices of onion (I learned this trick in America); whole meal bread and butter with fresh apples (I believe this has nearly the best taste in the world). Once or twice I had special coffee made of grains, several kinds being on the market. Of course there were salads (young cabbage took the place of lettuce, and the dressing was of oil and lemon), fruits, nuts, and biscuits. Salt, pepper, mustard, sugar, etc., were almost entirely avoided. The diet is so rich in natural 'salts' and flavorings that these additions seem unnecessary.'

Replying to a possible objection to such a meal as to its lack of pleasure, he said:—

"One must, it is true, reckon the pleasure during the meal, but one must also reckon the pleasure—the all-round fitness—afterwards. It is here that I scored. I liked the tastes; I preferred the consistencies—I speak, of course, only for myself—but, besides, I felt quite energetic, quite able to move quickly or to work hard—though as a matter of fact I did neither—both immediately and the next day and the day after. How often the black after-days condemn the glaring holidays!

"We hear excessive talking—gas, it is popularly called, though it is seldom incandescent—about more holidays and leisure hours for the people. But which parts of the person get the holiday and leisure hour? Certainly not the internal organs. Those poor slaves—they are unwritten heroes in physiology—are worked far harder

during holidays (think of Sunday's meals!) than during business days. We preach 'peace on earth, good-will towards men,' while we act strife in the body and ill-will towards organs—and towards animals."

Referring later to the menus of his rational diet, Mr. Miles stated:—

"There is scarcely any special provision made in England for any one who prefers such meals. Compared with the anxious care given to the daily meals by millions, hardly any attention has been paid to the choice and combination and preparation of simple foods that shall appeal to various palates and sustain various constitutions. When sensible experimentation has become the fashion, we may look forward to an entirely new Christmas régime. Will it not in every important respect be for the better?"

His closing question is quite pertinent, and worthy of a careful reply on the part of all. Mr. Miles' articles brought out several responses from leading physicians, all of which favored the sentiment expressed. In these it was revealed that Walter R. Hadwen, M. D., of Gloucester, had been taught this way of living by his parents twenty-five years ago. His children know no other regimen. He has applied it to his medical practise and found it invaluable; in fact, it has proved sufficient to cure in some cases without any other treatment whatever.

Alexander Haig, M. D., of London, heartily endorsed the articles, as the sentiment of important diet reform. Another, a celebrated Manchester man, declared that he was "firmly convinced that in a fleshless diet medical men have, ready to their hands, an in-

strument of enormous value and power in the treatment of disease."

So the world moves in the matter of diet reform. I have no doubt that ere-long gigantic strides will be made in

this direction, and that the cause which was once the butt of ridicule will yet ride on the high tide of popularity.

Birkenhead, England.

Jan. 14, 1903.



The Infant; Its Care in Health and Sickness

By H. E. Brighthouse, M. D.

THE CLOTHING.

THE clothing of the baby should be simple, soft, loose, and warm. There are different patterns for model outfits, which may be used according to the mother's taste. The first six or eight weeks of baby's life it should sleep a large part of the time, and its clothing for that period should be adapted more for the bed than for exhibition.

The outfit consists essentially of three pieces, the undershirt, a skirt, and an outside garment. Other accessories are the diaper, the binder, and, what is equally important, stockings or socks, and a shoulder shawl or some kind of a wrap to use when baby is taken up.

All materials for baby's clothes should be of the softest texture. Nothing is better for the undergarment than the knit wool or cotton and wool shirts so much used. They are soft and warm. Being loosely woven, they allow of free ventilation of the skin,—an important point. The shirts should not be selected too small, as they shrink, and baby grows rapidly. If wool next the skin irritates the tender skin, as it does sometimes, a thin soft cotton garment may be made to be worn underneath.

Diapers are frequently made of Canton flannel. Any soft, absorbent material will do. Cotton or linen diaper cloth is probably the best. Canton flannel is apt to get stiff and harsh. It is best to have small-size diapers for the first and larger ones for later. The small ones should be eighteen inches square, or they may be made eighteen inches one way and thirty-six the other, then folded to a square, giving extra thickness. If only one-size diaper is made and that large, it is too large for the baby at first, and may result in bowing the legs.

The binder is usually considered very important, but its real utility is only during the days that the cord remains attached. When the cord drops off and the surface is healed, it is no longer a necessity. It should be used simply as a means of retaining the dressings of the cord in place, and is put on only snug enough for this purpose. Put on tightly it never does any good, only harm. The binder should be about five inches wide, of straight flannel with unhemmed edges, and only long enough to reach once and one-half about the body.

After there is no further use for the binder, the knitted bands are serviceable to keep the abdomen warm. Such a band should have straps to go over

the shoulders and a tab by which to fasten it to the diaper. It can then be held in place; otherwise it rolls up in a bunch under baby's arms.

Stockings or socks are advisable from the first. The remainder of the outfit is very simple. A flannel skirt is made with a soft cotton waist having armholes and buttons, or, if preferred, it may be fastened with tapes. About twenty-five inches from neck to hem is long enough. Over this is an outer garment or slip of some sort of soft flannel or flannelette material. Both garments are made to button either in front or in the back, as is preferred. In dressing and undressing the baby, one is put within the other and both garments put on or off together. This makes the dressing easy to both mother and baby. Turning the baby just once is so much easier than the old method, in which each garment had to be put on separately and the baby rolled over and back in putting on these bands; so that if baby was not

dizzy when the process of dressing was through, it was no fault of the method.

If it is desired to have a white muslin outside dress, it may be worn over these garments, or it may take the place of the flannelette slip, in which case the skirt should be made princess, with long sleeves. If the mother desires pretty, dainty things, she may exercise her taste in the trimmings and materials, but it is not wise to sacrifice simplicity of the outfit by numerous garments. The more closely the outfit adheres to the simplicity here given, the better for the baby.

This outfit is simple. There are no bands to be pinned. One pin in the diaper is all the pins needed. The garments are arranged to secure a minimum amount of handling the baby in dressing it. The garments are loose, yet warm, the baby is clothed evenly and comfortably, and the clothes being short, the movement of its legs is untrammelled.

1436 Market St., San Francisco, Cal.



The Curative Influence of Light

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

"In Him was life; and the life was the light of men."—Bible.

IN the minds of many, no discovery in the realm of medical science since that of vaccination by Dr. Jenner in 1798, has given promise of such universal good to afflicted mankind as the one made during the last year. By this, we refer to the treatment of disease by the X-ray, more especially its use in the treatment of cancer. Although the X-ray was discovered in 1895 by Roentgen, its value as a

remedial agent was not appreciated or taken advantage of to any marked degree until within the past few months.

In 1894 Finsen published his first paper on the value of the actinic ray in the treatment of smallpox. Later experiments demonstrated it of equal value in tuberculosis of the skin, indolent ulcers, etc. While the results of Finsen's treatment were almost without exception satisfactory, his methods and appliances were very simple, and

furnish us with another illustration of the wonderful curative powers of nature's own remedies. But, somehow, people are loth to believe other than that disease is a mysterious something with an entity of its own, and can only be gotten rid of by taking something equally mysterious.

A few days ago a patient told us of her experience in consulting with a healer said to possess occult powers, and in this instance she was offered a teaspoonful of "magnetic water" for the small sum of five dollars. Upon being questioned as to what were the properties of the aforesaid water, she was told that it was ordinary water into which she had thrown her magnetism. A teaspoonful of this water was sufficient to cure the most obstinate case of constipation, and equally as potent in diarrhea, in case such a condition existed.

Patients undergoing treatment by the Finsen method were placed upon a table in the sunshine, while old Sol's rays were focused upon a small diseased spot through a hand lens held by an attendant. To prevent burning, a small piece of ice was firmly pressed upon the area under treatment, upon which the rays were focused from twenty to thirty minutes. On the second day following, another diseased patch was treated, and so on until what before was a most revolting ulcer, covering perhaps more than half of the face, was thoroughly healed over, presenting a marked contrast to its former appearance.

The fame of this newly-discovered healing agent soon spread, and the afflicted came by the score to bask for a while under these magic rays, and be made every whit whole. In order to carry on the treatment during cloudy

weather, experiments were made with a powerful arc-light, and this method proved almost equally efficient. Two of these lamps in the London (England) Hospital, were recently seen by the writer, one having been presented by England's good queen. Being suspended from the ceiling as an ordinary arc-light, four telescopic tubes lead off at right angles to each other and down to within a few inches of a table upon which the patient under treatment reclines. The tubes contain lenses to properly focus the luminous rays. A stream of cold water is kept constantly flowing through a hand lens, firmly pressed upon the area under treatment. About six patients per hour can be treated with these lamps, thus permitting from fifty to sixty patients to be accommodated in ten hours. Many cases were seen under treatment in which the countenances had been so disfigured by the disease as to be scarcely recognizable. One case in particular, which was recommended by Queen Alexandria, was that of a middle-aged lady whose face was half eaten away by the disease, the nose being entirely destroyed. This patient was seen after undergoing several months' treatments, and the work of repair was so thorough that by means of an artificial nose, which had been artistically made to replace the one destroyed, the former condition could hardly have been suspected.

Hundreds of people from all parts of the British Empire were waiting anxiously from day to day for an opportunity to begin treatment. We were told that some could probably not be taken before a year. By the conditions upon which the lamp was donated, no one was to be deprived of

treatment because of their poverty, thus persons of means were compelled to await their turn with the most miserable beggar. Where the finances of the one under treatment would permit, a charge of \$40 per month was made, but more than nine-tenths of the cases were those who could not contribute anything.

The Finsen lamp requires an electrical power of considerable higher voltage than that supplied to city consumers, thus making its use impracticable for the ordinary physician.

Experiments were begun in this as

well as in European countries with the X-ray, and soon it was discovered that the influence of light from this source was almost equally efficient in the above-named conditions, while in the treatment of cancer by it the higher penetrative power was far more curative.

Next month we hope to speak in particular of the work being done especially with the X-ray, and the boon it promises to afflicted humanity in a disease which has heretofore destroyed more than seventy per cent of its victims.



Notes on Cooking

By Mrs. Flora Leadsworth

[Author of "A Friend in the Kitchen."]

HYGIENIC cooking is the science or art of applying heat to raw-food materials in the simplest manner a sufficient length of time to make them most palatable to the taste, and easily assimilated by the digestive organs.

Good, nutritious food is often made unfit for use by improper cooking. Hence a few hints may be of service to the inexperienced.

Some foods should always be put to cook in hot water, while others should be put to cook in cold. Again, others require to be soaked before cooking.

All vegetables and starchy foods, like potatoes, rice, and macaroni, should be put to cook in boiling water, to which a small amount of salt has previously been added.

Foods containing a large amount of the nitrogenous element, such as pearl wheat or whole wheat, peas, beans,

and lentils, require soaking overnight in cold water. They should be put to cook in cold water, and not salted until nearly done. Cold water should never be added to foods after they have begun to cook; if more water is required, it should always be hot.

The water in which fresh fruits are cooked should be sweetened and boiling hot before the fruit is added, and just as soon as the fruit is tender, it should be removed from the fire. The less sugar that can be used, the more natural the flavor of the fruit, as too much sugar has a tendency to make the fruit taste strong, while too much cooking will cause it to fall to pieces. The more perfectly whole it can be kept, the more tempting.

Dried fruits should always be allowed to soak until they have absorbed as much water as has been lost during the drying process, and then cooked

in very much the same way as fresh. The more acid fruits require more water than the milder ones.

Vegetables should be cooked in as little water as possible, and in covered vessels, so as to retain all flavor.

CANNED FOODS.

Owing to the fact that canned foods, especially vegetables, do not have the flavor that fresh ones do, more skill is required in serving, that we may not tire of them before spring brings its welcome supply of new ones again.

This may be largely overcome by a frequent change in the preparation of the same kind of food, as a change in the manner of serving is often as welcome as a difference in the material used.

A FEW HINTS.

Canned Peas are nice served on plain or French toast that is cut in oblong or diamond-shaped pieces.

To a can of peas add one-half the amount of carrots that have been previously cooked until tender; season to taste, or, if a savory dish is desired, a little onion, parsley, or celery may be simmered in a little oil until a light brown and added.

Peas and Potatoes.—Pare and cut into small cubes three medium-sized potatoes. Have ready a hot skillet in which is enough oil or butter to keep the potatoes from sticking; turn in the potatoes, and stir until they are a light brown, then add a heaping teaspoonful of flour, and the contents of a can of peas. Simmer until the potatoes are tender; salt to taste.

Peas make an excellent garnish for broiled or roast protose, baked rice, or mashed potatoes.

Canned String-beans are much improved if the liquid is all drained off and the same amount of tomato juice is added before heating. String-beans and protose in equal quantities make an excellent stew.

String-bean Salad.—Drain off all the liquid from the beans (the "S & W" brand is the best); then turn into a pitcher or deep bowl, and cover with lemon juice that is one-fourth water; allow to stand three to four hours, then drain off the lemon juice, and serve on lettuce leaves with any nice salad dressing, or finely-chopped celery or protose may be added.



The Need of Rest

A SERIOUS evil in the modern training system is the constant tension of the nerves and muscles. At Cambridge I used to watch my athletic pupils, and none of them seemed to have acquired the power of repose. They were always on the stretch. When the time came near, for instance, for the university boat race or the football match, the tension reached an extreme, and the men seemed quite

unable to be at their ease. It is strange that, while the trainers perpetually teach their men to exercise, and try to teach them how to exercise, they never teach them to rest. The whole of nature seems to work on the principle of alternations; first work, then rest. We see it in day and night, in breathing out and breathing in. I need not give other instances, many of which can be found in one of Emer-

son's essays. What I wish to insist on here is that, while we teach men to exert themselves, and to strive, and to tie themselves up into knots, we seldom or ever teach them to relax themselves, to be at rest, and to undo their nerves and muscles.

Two of the most popular and sensible of modern writers, namely, Professor James, of Harvard University, and Annie Payson Call, have drawn the attention of their readers to the need of relaxation. It is Americans especially who need to relax, to smooth themselves out, and, for example, to let their arms and hands hang limp and heavy. If the business man were to give up only three minutes each day to standing with his knees bent, and with his arms and hands hanging down quite loose and limp, and with a contented smile on his face, and with his mind as empty as possible, the difference in his state of feeling during the day would be almost beyond belief.—*Prof. Eustace H. Miles, in Saturday Evening Post.*

Some Good Words for Vegetarianism

VEGETARIANISM has been re-enforced by a fresh supply of testimony from Germany and from Japan. *In a recent walking match from Dresden to Berlin, a distance of over 124 miles, the first six to arrive were all vegetarians, the winner covering the entire distance in less than twenty-seven hours—certainly a very extraordinary performance.* An eminent European physician says that *the soldiers of Japan, who are entirely vegetarian, have far more endurance than European troops, and that this was abundantly evidenced during the recent military*

operations in China. The diet of the Japanese soldier is entirely composed of barley, rice, and beans. On one occasion he knew a company of men to trot a distance of twenty-five miles daily, in the heat of the sun, and bearing a load of 176 pounds. After the expiration of fourteen days one of the men had gained a pound in weight. He then supplied them with a little meat, which they rejected after three days' trial.—*Medical Progress.*

"Feats of a Fruitarian"

THE *Vegetarian*, December 15, gives an account of athletic feats performed by Mr. Geo. H. Corsan, of Toronto, Canada, who has been a vegetarian for over 12 years. He is 34 years old; has won the gold medal in the "city championship" foot-race; also silver medal in three other races of 50, 100, and 220 yards; has received the Y. M. C. A. medal for the best all-round swimming record, and has defeated the fastest swimmers in Canada; has taken a medal for proficiency in a life-saving drill exhibition. During all this time Mr. Corsan has lived exclusively on *fruits and nuts*, and says that on that diet he can "swim fast all day long."

WHEN you see people driving docked horses up Broadway, always bear in mind the fact that real aristocracy never mutilates horses. A docked horse is simply an advertisement of the coarseness, cruelty, and inhumanity of those who display themselves behind them. Gentility and refinement are not cruel.—*Selected.*

Many Diseases from Meats

I DO not consider flesh food (chemically and physiologically speaking) a necessary food for man. There is no question about it that, owing to the evils likely to arise from imperfect supervision of private slaughter houses, the present widespread ingestion of flesh is responsible to an appreciable extent for many diseases which now exist, and which vegetable eaters

avoid. We have diarrhea, cramp, trichina disease, tuberculosis, carbuncle, malignant pustule, and the various forms of tapeworms through eating diseased meat.

The flesh of overdriven animals often produces eczema on the skin of those who handle it, and eating the same has produced bad effects.—*Selected.*



How to Live Cheaply

ONE of the subjects talked and written about a good deal at the present time is how to live cheaply. Prices of all the great staples of life are high. Rents are enormous. Fashions are exacting. Wants multiply while resources diminish. How to make strap and buckle meet is the problem which presses on hundreds of housekeepers. It is what is done to keep up appearances that destroys the equilibrium between outgo and income, and makes life a drudgery and vexation. How to live cheaply is a question easy enough to answer if one will be content with a cheap living. Substitute comfort for show. Put convenience in the place of fashion. Study simplicity. Refuse to be beguiled into a style of living above what is required by your

position in society, and is justified by your resources. Set a fashion of simplicity, neatness, prudence, and inexpensiveness, which others will be glad to follow, and thank you for introducing.

Infuse dignity, sincerity, kindness, virtue, and love into your simple and inexpensive home, and its members will never miss the costly fripperies and showy adornments, and they will be happier in the cozy and comfortable apartments than most of their wealthy neighbors are in their splendid establishments. It does not follow that in order to live cheaply one must live meanly. The best comforts of life are not costly. Taste, refinement, good cheer, wit, and even elegance are not expensive.—*Domestic Magazine.*



They Eat Too Often

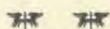
SIR HENRY THOMPSON, who for many years has been regarded as an authority on diet, and who has now reached the advanced age of 82 years, has just published a new book, entitled

"Diet in Relation to Age and Activity, with Hints Concerning Habits Conducive to Longevity." In the course of the work he advises the adoption by elderly people of four

meals a day, in addition to an early tea, taken in bed—the last of these to be a light supper, taken in the bedroom, at about 11 o'clock. Commenting upon these views, the book reviewer of the *Sanitarian* sensibly says:

"According to our observation, three meals a day for adults, under ordinary occupations, without disturbing digestion by tidbits of any sort between, are much better calculated to maintain health than more; for the functions of digestion certainly do not acquire increase of power with increase of age. Moreover, most persons while in the enjoyment of general good health are more or less subject to short periods of indisposition, for which they can not always account. Such indisposition

commonly signifies the need of rest, particularly of the digestive organs, and the omission of a meal or two is ordinarily an effective remedy. Indeed, of errors in diet, the most common at all ages are too frequent eating—allowing the functions of digestion no time to rest. No matter how wholesome an article of food may be, it is but rarely, or never, wholesome if partaken of in excess, too frequently, or at an improper time. Strength of digestive power in some persons may for a time seem to defy nibbling; but, like tipping, if persisted in, the power of resistance is certain to be overcome in time, and, not infrequently, when beyond the ability of recuperation."—*Selected.*



Necessity of Foot-Baths

NOT only are the feet kept comfortable, but the well-being of the entire body depends much upon the time and care bestowed upon the feet.

The feet should be washed daily in tepid water and soap, finishing with a dash of cold water to quicken circulation and prevent their becoming too sensitive.

Friction is indispensable to remove tough and callous surfaces and to render the foot soft and flexible. Callosities may be smoothed with toilet pumice-stone. They will not occur if the feet are washed daily. The nails should be cut square across the top.

If the feet are dry, rub in a little fine toilet cream or vegetable oil until absorbed.

If the feet are moist, rinse in water containing a little powdered alum,

vinegar, or ammonia. After wiping them perfectly dry, dust on a little talcum powder.

For feet which suffer from excessive perspiration, a little carbolic acid, say, twenty or thirty drops in a basin of rinse water, is efficacious. Soda is also excellent to neutralize the acid of perspiration. The hosiery should be changed daily, and the street shoes exchanged for slippers or low shoes when at home.

As a rule, the feet are not sufficiently ventilated, and the large pores of the soles reabsorb much of the impurities which they throw off. A frequent change of shoes and stockings and exposure to the air when possible obviates much of the unpleasant odor consequent upon constant imprisonment of the feet in thick leather.

Half an ounce of borax to a pint and one-half of water makes a good rinsing solution.

Boracic acid in powder form may be dusted on feet which perspire disagreeably, with good results.—*Selected.*



Household Suggestions from Various Sources

SOAK mildewed clothes in buttermilk, and spread on the grass in the sun.



A SUBSTITUTE for a hair pillow may be made by slipping a newspaper between the pillow-case and the feather pillow.



CAMPHOR should be dampened with alcohol when it is desired to powder it. Then it can be rubbed into an almost impalpable powder.



THE only legitimate way to get nervous energy is to eat proper food, breathe an abundance of heaven's pure air, and in other ways live in harmony with nature's laws.



WHEN the grass is mowed use the damp grass for the carpet in the same way as you would employ tea leaves. The grass revives the colors in a wonderful way, and removes all spots and dust.



A VERY simple plan to make tight new boots bigger is to walk through a pool of water or some wet grass, if possible, and to continue walking till the boots are again dry. This is far more efficacious than the cobbler's last.

Hints on Eating

THOROUGHLY masticate all your food, and your doctor's visits will be few.

Eating is an art and requires intelligence to make it a healthful process.

If you eat for the pleasure derived from the taste of food, then, as the nerves of taste are in the mouth, just detain the food there as long as possible.



If iodoform gauze be saturated with a solution of the compound tincture of benzoin and applied in cases of foul-smelling cancers and open malignant ulcers, the odor which renders life a burden, both to the patient and attendants, will be completely destroyed.



CHILDREN should be taught to obey the calls of nature and not to put off for another time what should be attended to immediately. If a child is taught to go to the closet at a certain hour every day, the habit will soon become fixed, and constipation be avoided. Many children go twice a day regularly, and so have regular bowels. It is the mother's duty to oblige children to be systematic in this particular, and so keep their bowels and bladder in regular order.



Woman's Realm

Conducted by MRS. M. C. WILCOX



Face Pictures

WE write our lives upon our faces, deep,
An autograph which they will always keep.
Thoughts can not come and leave behind no
trace

Of good or ill; they quickly find a place
Where they who will may read, as in a book,
The hidden meaning of our slightest look.

Reach for the things above—to those who
climb

Steps ne'er are wanting; ever the sublime
Allures us onward, and our lives will be
Just what we make them, to eternity.

What they now are the face will surely show
Like the footprints on a field of untrod
snow.

Time deepens all the lines or dark or fair—
Lines carved by grief or chiseled deep by
care.

Thoughts into actions very quickly grow;
Actions are seeds which every one must sow.
They reap the richest harvest of good deeds
Who sow by loving words, most precious
seeds.

—*Presbyterian Banner.*



Purity and Mothers' Meetings*

By Mrs. Mina Mann

WHEN I was first asked to write upon this subject, it seemed to me to be a compound subject, and that each part must be treated separately, distinct from the other. But the more I have studied it, the more I see how closely united are the two, purity and mothers' meetings. Few realize the necessity there is for agitation upon this subject. Few realize the vice, sensuality, immorality, that exists in our land to-day. On every hand, in every city, town, village, yea, in every school district, human harpies lie in wait to instruct your boy and your

girl in all the foul mysteries of moral pollution.

With what heart-throbs of joy, in spite of the pain, does the mother bring into the world her boy,—*her boy*, bone of her bone, blood of her blood, flesh of her flesh,—hers to train, hers to care for, above all, hers to *love*. She watches over him in all his childish ailments, soothes him in his restless moments, listens, later, to all his childish griefs and pains, ever ready to give sympathy and help. Into mother's ear are poured all his rights and wrongs. But by and by, as the little mind expands and he sees the world teeming with life all around

*Read at Tenth Annual Convention W. C. T. U., of Kern County, Cal.

him, his little soul is stirred to know why and how and from where comes this mysterious thing that animates nature, and which we call life. Then, never doubting but that mother can make everything plain—for does not mother know everything—and with divine innocence in his heart, he asks mother where all the wee baby animals came from, or baby sister, whom he worships with his whole being. Ah! mother, your opportunity has come to teach him the divine truth as it is in God's Word,—to teach him that his body is the temple of the Holy Ghost; to teach him how sacred the charge is that has been given him, to keep that temple clean and holy; to teach him that all life is from God; that all God's works and ways and operations are pure and holy; to teach him that to everything that has life God has imparted the power to give life to others of its kind, but in and through it all God is working; to teach him that while our whole body is the temple or dwelling-place of God, in a special manner are those organs holy and sacred from whence comes life.

But, alas! how many mothers miss this golden opportunity of life to teach their boy—and their girl—to be *pure*. They are answered in an evasive way or told an untruth outright, perhaps the first that that mother ever told her child. For a short time he is satisfied, for he believes in mother. Woe unto thee, O mother, when he learns the truth, as he surely will sooner or later, and knows you have told him a falsehood! No more unreserved trust and confidence in mother. You have sown seed from which you may reap a bitter harvest in the years to come.

But your boy goes on till he reaches

the age when you decide that his education in books must commence, and you get him ready for his first day at school. And how sad your heart is as you realize that your baby has gone and in his place will come a wide-awake schoolboy, with varied interests and many friends, and you no longer all his world! And so you kiss him good-by on that first morning, and the lips he raises to you have never been polluted with an unclean word, and the little mind, lying behind those clear eyes that look straight into yours, has never held a secret you have not shared. The days slip by, and ere a term of school has passed you realize a change has taken place. He can no longer look you straight in the eye. He does not care for mother's society as of yore. If he wants to ask questions now, it isn't to you he goes, but to some schoolmate. You deceived him once, you know, and you might again. By your manner you have given him the impression that there are things boys should not talk over before their mothers. But he finds plenty of teachers outside his home. The foul seed has been sown, and, O God! what shall the harvest be?

That which you might have taught him and been all purity and innocence and love, has been taught him by the emissaries of Satan and is all impurity, pollution, and corruption. Satan has turned the truth into the impure channels of his own devising, and your once pure boy has had seed dropped into his mind that will germinate and grow with his growth, and nothing but the grace of God can ever uproot it, and even that can never make virgin soil again. The scar will always remain.

(Concluded next month.)

Cheerful Mothers Make Good Sons

"SHOULD a mother with a 'man child' to rear, not only for time, but for eternity, be a chronic faultfinder, complainer, and uncheerful companion to her own son?" writes Miriam Zieber in *Good Housekeeping*. "Does it ever occur to such a woman that perhaps as her boy nears his mother's house he feels a little pang of dread because of the gloomy spirit he knows he will find there? Maybe his heart longs for a whole-souled cheeriness and brightness, such as some other boy's mother he knows of possesses; maybe this same heart aches for a real home life, where his own nature could the more readily expand and bloom and flower. Oh, the dark homes throughout the land, just for want of a little self-control and thoughtfulness on the part of the mothers inhabiting them!

"There are dwellings where physical health, education, refinement, well-to-do circumstances, and no trouble of any importance, lack but one thing,—the optimistic spirit of the mother. There is no use denying a fact which we all know,—the spirit of the home follows that of the mother; if she is lively, so will her household be; if she is pessimistic, the poison will sooner or later eat its way into every member of the family, especially into the masculine portion of it. Why?—Because the mother's attitude toward life influences her sons more than her daughters. A woman does not influence another woman to any great extent mentally. Neither does a man influence a woman to anything like the way she influences him. Unless through force or through love for him, woman will do pretty much as she pleases, but man is likely to be influenced at

any moment by any woman, whether he loves her or not.

"Think, then, of how a mother's disposition may affect a son. Yet, in the face of it, look around you and notice the greetings the mothers of sons give their offspring, those they are casting on the sea of humanity. Thousands of mothers are destroying their sons' faith in women. If men can not find the sunshine of life in their feminine companions on the road to eternity, where are they to look for it? Not to other men, surely, for others are, like themselves, on the search for a complement to their own nature,—a woman's bright, cheerful soul, ready to impart courage and comfort. When they find such a one, be she mother, sister, sweetheart, or friend, they will pour out the very best of their own souls at her feet. But if the first woman they meet, the mother, be an element of ever overhanging gloom, it may mean a poisoning of the masculine physical vigor at its source.

"Take care, O mothers, lest you make your home and your very personal vicinity a sphere less pleasant than the street corners, questionable places of amusement, or the gilded, optimistic halls of sin! Remember, there are no scoldings, faultfindings, and indifference there; only enticings, cheerfulness, bright faces, and pleasant words.



Heart Husbandry

I PLANTED scorn: it died in the garden mold.

I planted love: it bore a flower of gold.

I planted doubt: it withered, lacking root.

I planted faith: it ripened precious fruit.

—*Ida Whipple Benham, in Lippincott.*

Love and Sympathy in the Home

MANY unhappy mothers are lamenting the waywardness of their children, without for an instant reflecting upon their own shortcomings and utter lack of sympathy in the home. Children are reasonable beings, quick to discern deception, ever ready to resent injustice, and prompt to follow the example of their elders. A falsehood never passes unnoticed, and when a mother sends her servant to the door with a "not at home," can she feel surprised when her child, a little later, positively denies an act that will surely bring punishment? Why should that child feel bound to tell the truth when his mother has deliberately told a falsehood in his presence an hour before?

Never rebuke or punish your children in the presence of others if you wish to retain their love and respect. In causing them to lose self-respect, you lessen their respect for you. Be loving, sympathetic, and kind in your homes, treating your children with the courtesy and consideration you would accord to strangers, and in after years you will surely receive that loving reverence due to all advanced in life. The obligation is not one-sided, and, when you fail in your duty towards your children, what can you expect from them?

Parents are not always in the confidence of their children, and it is a deplorable fact that strangers are often called upon to advise and decide matters of vital importance, simply because parents can not be approached. You can not force your children to read and enjoy certain books or relish articles of food because you have done so.

In infancy teach obedience and

truthfulness, never causing confidence to be withheld through fear. As years roll on instil into these young minds under your care and control high moral principles and gently lead them religiously. Never punish in anger, but make it thoroughly understood that sorrow for their misdeeds and a desire to correct their faults has brought trouble upon them. If schemes are presented to you, listen attentively, and if you find encouragement impossible, point out mistakes and teach a better way. If the conduct of your children has grieved and shocked you, do not hold up your hands in horror, but make them feel that you are pleased to hear from their own lips of faults that would surely have come to you from others. Promptly pardon a fault confessed, and never let it be said that children and their parents are indeed "strangers yet."—*Doris Dore, in Examiner.*



WE want women who are able to make the home better, bake their own bread, make their own dresses and aprons, keep the house tidy, and the children clean and sweet, and whose names will be written, not in brass, but in the great life book by Him who knows the heart, and who judges, not severely, but justly. You think there are no women like this? Plenty of them. But they hang out no sign to tell you of their virtues and their learning, unless you can call a sweet manner, a womanly presence, and a sympathetic word a sign. They are to be found everywhere; in the shops, among the workers, and even among the very poor of earth, for to be born poor does not by any means necessarily mean to be born bad.—*Boston Gazette.*



Editorial Articles



How to Eat for Health

THIS apparently threadbare subject seems constantly to need new ventilation; for, notwithstanding all the study that has been devoted to the question, people still have bad stomachs. Not only those who are careless regarding diet, but many who are scrupulously careful as to their manner of eating, have wretched stomachs. Is the diet reform a failure? Are these people all blind theorists, martyrs to principle, victims of mistaken ideas?



There are cases of organic stomach disease which no amount of dietary precaution can remedy; but, fortunately, they are few. Nearly all cases of stomach disorder can be made to yield to wisely-directed dietetic and therapeutic measures. The stomach is a very susceptible organ,—a harp from which may be produced harmony or discord. Treated properly, it behaves beautifully; abused, it rebels. It is safe to say in nearly all cases of stomach disorder that the person is suffering not only from past transgression, but from present misuse of his digestive apparatus. When one with even quite severe stomach trouble, apparently, comes into right relation to the laws of health *on all points*, the digestive system will register the change with wonderful rapidity. As an example, we may mention those who at home try in vain to straighten out the kinks in their di-

gestive system,—suffering, notwithstanding all their efforts to live right. Going out on a camping trip, they soon forget they have a stomach, and surprise themselves by eating many things they have had to discard at home. The camping trip simply brings to the aid of their digestion some elements which ought to be introduced into their home life.



Some of our conscientious friends—zealous for health reform—forget that “a merry heart doeth good like a medicine.” They sit at their unsocial meal in solemn silence, brooding, perhaps, over the possible result of the meal or worrying about business matters or about their own misdeeds or those of their neighbors. Some perhaps feel that a hearty laugh would be out of place. I have even known people who took on mental trouble (and stomach trouble with it) because people at an adjoining table were enjoying themselves.



Such things are responsible for a large amount of poor digestion. You do not see merry-hearted dyspeptics. Mirthful or happy dispositions do not engender indigestion. You rarely see one who has brooded or worried for any length of time who is not a dyspeptic. It is true that dyspepsia causes worry as surely as worry causes dyspepsia. Sometimes it is a

question which comes first. But in any case, depressed mental conditions work disastrously on the digestive functions.



While the writer has for a long time believed this, he has recently seen it demonstrated in such a striking manner that he is fain to say it matters not so much what one eats as how he eats it. Some people eat dietetic abominations and yet maintain fair health, because of their sunny dispositions. Others, who are careful what and how much they eat, careful as to time of meals—over careful, perhaps—have indigestion. These are not altogether isolated cases. There are many of them. We should adjust our theories to facts as we find them, and not attempt to bend facts to theo-

ries. There is probably no factor so potent as the mental condition in determining the quality of digestion, and we may as well recognize the law and adjust ourselves to it.



The meal hour should be looked forward to as a time of real enjoyment. Nothing should be introduced conversationally that will not contribute to this end. At meal-time, more than at any other time, one should enjoy himself, and do all in his power to help his companions to enjoy themselves. If one finds no other missionary work to do, he may count that his time has not been altogether wasted if he succeeds in cheering up some of his messmates at meal-time. In addition to the good he does to others, he is at the same time doing some missionary work for his own stomach.



Vegetarianism

A WORK has appeared in England entitled "Food and the Principles of Dietetics." The author, Dr. Robert Hutchinson, has in the work given careful instructions regarding the relation of diet to health. We may from time to time discuss some topics considered in the book.

We shall now examine the author's position on the subject of vegetarianism. Evidently he is not a vegetarian himself. He discusses the subject with frankness, but I think fails to see the significance of certain facts which have an important bearing on the subject.

He says vegetarianism may be defended on three grounds:—

1. Physiological: That the practise of vegetarianism is conducive to a healthier and longer life, and to a better moral temperament, than the use of a mixed diet.

2. Economical: That it is less costly both to the state and to the individual.

3. Moral: That the slaughter of animals is unjustifiable on the grounds of humanity.

The last he does not discuss, the second he admits the truth of, but takes issue with the vegetarians on the proposition that vegetarianism is more healthful than the use of a mixed diet.

He makes the statement that the vegetarian question is really a ques-

tion of nitrogen and that alone; that the carbohydrates must be obtained from the vegetable kingdom in any case, and that fats may be obtained equally well from animal or plant kingdom. In this he has against him the distinguished German physiological chemist, Bunge, who says that the difficulty with vegetarians is not a lack of proteids (nitrogen), but an insufficiency of fat. His observation led him to the conclusion that even on a strict vegetarian diet the system obtains all the nitrogen it needs.

And now, dear reader, let me ask you a plain question. If it is said we must have meat in order to have sufficient nitrogen, where does the cow or sheep get the nitrogen which is stored up in the meat? It may be replied that the digestive organs of the cow and sheep are adapted to obtaining nitrogen from vegetable food, and man's are not. It is true man can not eat straw like the ox, but he can eat nuts like the monkey. His entire digestive apparatus is strikingly similar to that of the higher apes, more so than to any other animals, and these apes subsist entirely on vegetable products.

Hutchinson goes on to say, after admitting that it is possible to have good health on a vegetarian diet, that a large number of healthy races of men, as the Japanese, live on a very small proportion of proteid food, "The reply of scientific experiment, therefore, as far as it can be applied to the problem under consideration, would be that it is undoubtedly possible to maintain a healthy life upon such a daily amount of proteid as is contained in a moderate quantity of vegetable food, and the experience of vegetarian races bears this out."

He continues by drawing a dis-

inction between health and energy. "The difference, in fact, between an animal fed on a highly nitrogenous diet and one supplied with little nitrogen is the difference between a steam-engine at half pressure and one which is producing its full horse-power. It is the difference between a tiger pacing its cage and a cow lying upon the grass."

Some recent walking and other contests between vegetarians and meat-eaters, as reported in this and other publications, might cause one to raise the query whether it is the meat diet or the non-meat diet which furnishes the real energy.

Our beasts of burden, with scarcely an exception, are vegetarian animals. The tiger, as a beast of burden, could not stand up under the work for a great length of time. We think the doctor would have made a better selection of terms had he said that meat is more stimulating than plant food. The Japanese and Chinese coolies who bear burdens all day, accomplishing remarkable journeys; the South American rubber gatherers, the Smyrna native porters, and others that might be mentioned, perform on their vegetarian diet feats of strength and endurance that would stagger an Englishman or an American.

✻

Foods Grown in the Dark

WE have been asked to give an opinion regarding the theory that vegetables growing under the ground, such as potatoes, are unwholesome, because deprived of sunlight. Now the potato is simply the storehouse for the potato plant. The material of which the potato is composed is combined

in the leaves under the influence of bright sunlight. It is then carried down to the cellar, as it were, for safe keeping. The farmer often puts his apples in the cellar for winter, without any injury to the apples. Neither the flavor nor the nutritive properties of the fruit are affected by the change.

Again, the center of an apple or a grain of wheat is not exposed to direct sunlight. The changes which take place in the foods as a result of the sun's action take place in the green cells of the leaf, and it matters little afterward where this material is stored.

Physiological tests conducted by the writer showed conclusively that the starch of potatoes is digested by the saliva more rapidly than the starch of the cereals,—wheat, corn, and oats. It is an excellent food when properly

cooked, but should be eaten in connection with some food containing an excess of nitrogen, as peas, beans, or lentils.



Cranberry Juice in Fever

THE pure, fresh juice of raw cranberries, given freely, either undiluted or with an equal part of water, is recommended by Goriensky as an excellent means of relieving the thirst in fever, and, moreover, is markedly antipyretic. In the thirst and vomiting peculiar to cholera it is even more effective. In fifty cases in which ice and narcotics failed to make the slightest impression, cranberry juice, in small but repeated doses, rapidly checked both vomiting and nausea.



Correspondence

E. L. M., Cal.: You are on the wrong track, if you will pardon me for saying it, and I trust you will read the articles by Dr. Rossiter, which are to the point.

In using the nasal irrigation, all you need to do is to stick your nose into the water and try and breathe in. If your head is thrown too far back, the water will go down your throat. If you have difficulty in drawing the water from a vessel in this way, you will probably succeed by taking a little in the palm of your hand and snuffing it into your nose. After a few trials of this kind, you probably will succeed in drawing the water in from a vessel. Now even this mild measure of irrigation of the nose I do not think it wise to get addicted

to. The more we depend on the artificial the less we can depend on the natural. The body very quickly learns to lean on props, and to that extent becomes helpless.

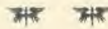
The olive-oil which you are using is probably beneficial. Fruit juices, I fear, are not very much of a germicide in certain forms of stomach disturbance; in fact, where flatulence is present, they are apt to make matters worse.

Buttermilk is an excellent food for many reasons; but if you "hate it," you certainly ought not to use it. I do not believe anybody can get along permanently on a diet that he can not learn to like. A hearty relish for a food is half the digestion. Of course many times, by long usage, one may

have become attached to articles which are in themselves injurious, highly-spiced and seasoned articles, for instance. It is better in such cases to become accustomed to a plainer diet; but I think it is a mistake for a person to continue for any great length of time on a diet which he can not relish.

Regarding cereal coffee at the close of a meal, I do not think it is necessary in most cases to dilute the con-

tents of the stomach, because the stomach walls do not absorb nearly so much as they secrete, and diluting the contents of the stomach only makes the digestive juices that much weaker. There are probably many cases where this may not do any particular harm, and possibly in some cases it may be an actual benefit; but, as a rule, I think the less fluid taken with the meals the better.



“ Man Overboard ”

By David Paulson, M. D.

WE certainly would not hesitate to rescue a man who had fallen overboard in the middle of the ocean, but there are a hundred thousand prisoners in this country who have either fallen overboard, or else, like Jonah, they have been thrown overboard, and the same God that was interested in Jonah, when he was cast into the sea, is interested in these men. Are you seeking to help them or to save them? God looks down from heaven to “hear the groaning of the prisoner.” Ps. 102:20. We can be used as instruments in God’s hand to save these despairing, helpless men and women who have been cast overboard, and for whom society has no pitying glance.

If we had been born of the same parents and brought up in the same environment as some of these prisoners, perhaps some of us would be behind prison-bars to-day. If they had been given the same opportunities that we have had, perhaps they would have filled them far more acceptably than we have.

In April we shall send a cheering gospel message of hope in the form of the *Life Boat*, to be placed in the hands of practically every prisoner in the United States.

Prison officials, without exception, are interested in this effort, and will assist us all they can. Will you interest your friends in this plan? The prisoner must have the gospel as well as other sinners. He has more time to think than many who are on the outside of the prisons, as is shown by the following extracts from a few of hundreds of letters we have received since we issued our last prisoners’ number of the *Life Boat*.

“If a man will study the paper called the *Signs of the Times*, he will soon find that the eye of his spiritual understanding is opened to the very things which, a short time before, seemed impossible. I want to ask you about Dan. 8:14, ‘Unto two thousand and three hundred days; then shall the sanctuary be cleansed.’ What does that mean? I also want to know if the use of tea and coffee

and meat is unhealthy; if so, why? I ask this because the less meat I eat the better I feel."

"I am always ready to receive your welcome letters. They bring good cheer to me, for they are the only thing I long for. Sometimes I dream that I am at home and happy with my father and mother and little children, and my nephews and nieces. I love the little ones, and I would give all the world for one day of freedom. If a man does not get his heart touched here in prison, he will never get it touched any place."

"A friend of mine gets the *Life Boat* and loans it to me. I was always a bad boy for smoking, and when I read a few lines in the *Life Boat* about smoking, why I just laid my smoking aside, and then told him

that I believed what the *Life Boat* said, and that I would love to get it every month."

The following letter has just been received from the chaplain of the New Jersey State Prison, and is a good sample of many others:—

"Five hundred copies of your very profitable *Life Boat* can be used here. Out on the sea of life, wrecked by bad habits, drifting toward the lea shore of everlasting destruction, a paper like yours will help to save many a one who would otherwise perish. Any number you can send will be very acceptable and will help me in my work as chaplain.

This number of the *Life Boat* will be furnished at two cents each. Address the *Life Boat*, 28 Thirty-third Place, Chicago.



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



How to Sweep an Invalid's Room

WE all know how untidy a sick room becomes, and how annoying the dust of the sweeping is to the patient. "To remedy this," said a trained and capable nurse recently, "I put a little ammonia in a pail of warm water, and, with my mop rung dry as possible, go all over the carpet first. This takes up all the dust, and much of the loose dirt. A broom will take what is too large to adhere to the mop, and raise no dust. With my dust cloth well sprinkled I go over the furniture, and the room is fairly clean."—*Doctor's Magazine*.

WATER-DRINKING is, virtually, a bathing of the tissues on the inside, and it is a lamentable fact that thousands who are scrupulously careful with reference to external cleanliness, almost entirely neglect this internal bathing, which is the more important of the two.—*Present Truth*.



WITH a natural system of diet, old age would be our last and only malady; the term of our existence would be protracted, we should enjoy life, and no longer preclude others from the enjoyment of it. All sensational delights would be infinitely more exquisite and perfect—the very sense of being would be a continual pleasure such as we feel only in some few and favored moments of our youth.—*Shelley*.

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

H. H. HALL, Business Manager

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NO. 4.

Publishers' Department

DRS. T. J. AND MARGARET EVANS have been added to the medical staff of the St. Helena Sanitarium.

IF L. L., of San Jose, will send full name, we shall take pleasure in answering his or her questions. Our custom is to not reply to anonymous communications. We do not desire to publish the name, but want it as an evidence of good faith.

TWENTY consecrated young men and women will be received into the next training class for missionary nurses, at the St. Helena Sanitarium, to begin next June. Applicants should correspond early with Dr. Abbie M. Winegar, Sanitarium, Cal., as applications will be considered in the order in which they are received.

"RATIONAL HYDROTHERAPY." By J. H. Kellogg, M. D. Second edition; 1,193 pages, profusely illustrated. F. A. Davis Company, publishers, Philadelphia.

This work is the result of many years of study and experimentation. To the knowledge gathered from the old masters in hydrotherapy, the doctor

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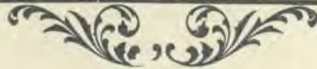
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