

MAY, 1903

PACIFIC HEALTH JOURNAL

Volume XVIII
No. 5

CONTENTS

Our Girls
X-Ray in Cancer
Care of the Infant
Asparagus
Food for Infants
The Drinker

FIFTY CENTS PER YEAR

FIVE CENTS PER COPY

PACIFIC PRESS PUBLISHING CO., Oakland, California

Just Published

EDUCATION

By MRS. E. G. WHITE

This valuable work could have been appropriately named "The Christian Teacher" or "The Christian Student," for it is indeed to either class a treasure-house of knowledge and wise counsel. It is practically the author's life-work. Besides presenting many timely truths regarding present defective systems of education it contains, in concentrated yet beautifully simple form, the glorious principles which have been given to us on this vital subject. The book is beautifully printed from new plates, and contains three hundred and twenty-four pages, including a carefully arranged scriptural and general index. It is bound in cloth, with attractive cover design in green, white, and gold. The first edition is just from the press, and those desiring copies should send in their orders early. :: :: :: :: ::

The price is \$1.25

POST-PAID

✻ ✻ Address ✻ ✻

Pacific Press Publishing Co.

OAKLAND, CALIFORNIA



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



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

MAKE THE BEST MUSH

MANUFACTURED ONLY BY

DEL MONTE MILLING CO.
SAN FRANCISCO, CAL.

What Is a Nebulizer?



Price \$2.00

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

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

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

St. Helena Sanitarium
SANITARIUM, CAL.



Price \$6.00

When answering advertisements, please mention Pacific Health Journal



How sweet it is, when mother fancy rocks
The wayward brain, to saunter through a wood!
An old place, full of many a lovely brood,
Tall trees, green arbours, and ground flowers in flocks
And wild rose tiptoe upon hawthorn stocks.

WORDSWORTH.



PACIFIC HEALTH JOURNAL

A Sound Mind in a Sound Body

VOL. XVIII.

Oakland, California, May, 1903.

No. 5.

The Prevention of the Causes of Disease

By Frederick M. Rossiter, M. D.

THEORY is one thing and practise another. To maintain the harmony of cellular life sounds very simple. But the prosaic problem of keeping up the natural resistance of the body and preventing disease is by no means simple. A multitude of causes are constantly conspiring to produce a condition of lowered vital resistance which is the one great predisposing cause of both acute and chronic disorders.

We admire the skill of the surgeon who successfully removes a cancerous growth, thereby prolonging for a few years the life of one person. But the physician who is able to instruct his patient in right living so that he never has cancer or other disease, has done the individual far greater good and has rendered a lasting service to all mankind. He has not only added to the present happiness and usefulness of one man, but has contributed also to the general welfare of society and the State. His influence extends on through the present, through the next generation, on and on throughout posterity. Thanks to him and others like him, men and women of the future will have secured the right to be well born.

The success of preventive medicine depends, among other things, upon the restoration and maintenance of natural bodily resistance and the determination and removal of the causes of disease. Furthermore it is the indirect rather than the direct causes that should be chiefly considered, as they are much more dangerous, and have in the past received far too little attention from the average physician.

Epidemics of typhoid fever may be prevented by boiling drinking water and giving attention to the food supply. To these precautions, however, should be added the improvement of the general and individual health of the community, for Bouchard has shown that the bacillus thypus can have no influence on the healthy man, the germ being destroyed by the gastric juice. This is true also of the cholera. It can not force an entrance into the fortress when there is harmony among the defenders. The bacillus tuberculosis is everywhere present. It is safe to say that scarcely an individual escapes personal contact with this deadly germ. But it can not become rooted in the system until the soil has been prepared for it by a lowering of the vital resistance. This microscopic enemy, more to be feared

than the plague, is ever lurking near, often within the body, biding its time, waiting to seek an entrance through some unguarded spot, striking in the dark at the point of least resistance.

When an epidemic appears in the neighborhood the physicians arouse themselves to check the disease. If they had devoted the same energy in making war upon the causes that render individuals susceptible to attack, the epidemic in almost every case would have been averted. Too often the ax is withheld from the root of the tree. When the reports from a community reveal that certain physicians always have a large list of typhoid-fever patients, while many of the most skilled have few or none, it is evident that some one has neglected preventive measures. When a physician will go directly from a case of scarlet fever to make a call across the street in a family where there are children without even washing his hands or removing his overcoat, it is evident that the prevention of disease is not uppermost in his mind. The writer has attended more than one case of scarlet fever that developed within a month after such exposure.

Notwithstanding the marked progress in sanitary reform, diphtheria, according to the highest authorities, is on the increase, although the mortality from this disease has been greatly reduced by the antitoxin treatment. Much could be done to prevent diphtheria by giving more attention to the diet of children, to the proper clothing of feet and ankles, as well as to the treatment of the nose and throat in slight affections, also by recommending antiseptic gargles when the disease is present in the neighborhood. Much sickness among both children

and adults could be prevented by so simple a measure as rubbing the body with a cold, wet towel every morning upon arising, and following this by friction.

A prolific cause of disease is the neglect of slight indisposition by both the laity and the physician. The natural defenses of the body are not broken down in a day, but succumb only to repeated attacks continued, possibly, through a period of years. Exposure to cold, combined with lowered resistance and exhaustion, is the beginning of a long list of diseases involving the mucous and serous surfaces of the body. Catarrhs, pleurisy, pneumonia, tuberculosis, bowel troubles, nephritis, pelvic disorders, all may often be traced to a simple "cold" that "amounted to nothing." While the exposure can not always be avoided, the lowered resistance may be guarded against by the one precaution of keeping well, by taking sufficient sleep, exercise, and recreation, by eating wholesome food and breathing pure air and maintaining an active circulation.

If patients in the first stages of tuberculosis or strongly disposed to it, were persuaded to live in tents in the open fields, away from the cities during the warm months, following there, a well outlined regime, the results would be most gratifying. Experience already has demonstrated the value of this method of combating tuberculosis by the application of nature's own physiological remedies—sunlight, fresh air, and graduated exercise. Drs. Colbeck and Pitchard call attention to the fact that the majority of cases of tuberculosis begin in the apices of the lungs, and this because of alterations in the shape of the

chest due to deficient development of the muscles of the shoulders. "The movements of the apices become inverted in their relation to the normal respiratory movement." These are important observations and should lead the profession to give special attention to the development of the muscles of the shoulder-girdle in patients with weak chests and round shoulders, or who are in any wise susceptible to tuberculosis.

Golf, tennis, bowling, swimming, exercises with the dumb-bells and Indian clubs, and exercises in which resistance is offered by the will are the best means of developing these muscles. Through the efforts of physicians and sanitariums, most of the States of the union are now provided with efficient laws relating to the selling of impure, diseased, and adulterated foods, the inspection of milk and the care of dairies. These laws have accomplished inestimable good, but back of the laws there are dietetic principles involved that have scarcely been formulated, and that yet have the most profound bearing upon preventive medicine.

The proposition that "action and reaction are equal," and that "whatsoever a man soweth that shall he also reap," are hourly evidenced in the physician's experience. The iron law of compensation is no less inexorable in the physical than in the spiritual world. Every misuse of a normal physiological function has a proportionate penalty attached. The penalty must be paid whether in lower vitality, enfeebled constitution, diseased organs, chronic suffering, loss of intellect, gloom, discouragement, despondency, premature decay, or untimely death.

Nowhere is the operation of this

principle more apparent than in its application to the abuses of the stomach and digestive organs. It was written of Sodom that her iniquity was "pride, fulness of bread, and abundance of idleness." Extensive observation is not necessary to see the bearing of these words on conditions to-day. If the American people continue in the present style of living they will eat and drink themselves to destruction as surely as did that ancient city. Excessive indulgence in the pleasures of the table and riotous living are almost insurmountable barriers to the prevention of many chronic diseases. The fact that so large a proportion of the higher classes of the civilized world have ceased to earn their bread by the sweat of the face, is responsible for scores of maladies.

To foods poorly prepared, highly seasoned, innutritious, indigestible, improperly combined, hastily eaten, eaten too freely and too often, may be traced not only numerous alimentary diseases, but also functional and organic diseases of the nervous system, the liver, and the kidneys. Bruce, of London, says, "Most people not only eat and drink, but retain more than is necessary and very much that disagrees with them and deranges the alimentary, assimilative, metabolic, and excretory systems by being unsuitable in quality."

The eminent French physician Bouchard says, "I believe that nine-tenths of the migraines are of dyspeptic origin, produced by a primary intestinal intoxication. The effect may be made to disappear by the administration of caffeine or antipyrin, but the cause remains. The patient feels his pains immediately lessen, but they rarely disappear entirely; often they

reappear more violently than ever. But what we must endeavor to do is to prevent a return of this crisis, and to secure this it is necessary that putrid fermentation be expunged from the intestinal canal during digestion. If we can make the dyspepsia disappear, we heal the migraine."

Hygiene has done much to educate physicians and the laity in reference to the poisonous effects of sewer-gas

and poisoning from the products of decomposition formed outside of the body. Preventive medicine must now in turn educate the individual and show him that poisoning from sewer-gas and from the products of decomposition formed in the stomach and intestines, is more to be feared than poisoning from such products when found in the back yard.

Evanston, Ill.



Our Girls

By Margaret Evans, M. D.

THE transformation from girlhood to womanhood is characterized by the most profound changes in the constitution. It is considered of such importance among most races of the world that we find special regulations existing among them for the care and management of girls at this transition period. Some of these are grotesque in the extreme. In certain African tribes the girls are shut up in huts for more than a year and are not allowed to step their feet on the ground. In Borneo, they are placed in dark cells for many months, and are prohibited from associating in any way with the outside world. In some parts of South America they are sewed up in hammocks and placed upon a strict diet. The Hindoo girl in India, remains for days in a dark room, living on little more than bread and water. Many of these habits are absurd and are the result of primitive superstitions, yet it is interesting to note that they all enjoin simplicity and quietness of life while passing through this critical era.

Until the age of thirteen, we believe girls fully capable of carrying on their studies with boys and that there should be absolutely no difference between their physical, mental or industrial education. They should be encouraged to engage in the same sports, as it will improve the girls physically, broaden them mentally, and do much to take the rough edges off of boys. After this age, it is wise to allow slight barriers to grow up.

At puberty the character of the girl gradually changes. Her tastes, which have been up to this time those of her young brothers from whose general physical form she did not greatly differ, are now considerably changed. The romping, rollicking girl becomes shy and retiring. She becomes self-conscious, and womanly characteristics take possession of her. New desires and emotions arise, and she gives up many of her childish ways. She begins to question the why's and wherefore's, and demands reasons for the course laid out for her. While a child she was willing to accept un-

questionably the commands of her parents, she has now reached the years of discretion, and can be managed only through the power of reason.

As a rule a woman continues to grow and develop until the age of twenty-five years, but the most critical time of all her life is the period of puberty, which is characterized by psychic and physical changes so important as to deserve the most careful attention. Unusual demands are made upon the system, and the extraordinary changes occurring within a year or two at this time are very remarkable. The angular, awkward girl develops into a creature of graceful and symmetrical curves. Her breasts expand, her hips broaden, the abdomen enlarges, and she grows tall and slender. The hitherto inactive and incapable generative organs increase in size and take on new activity. If of a nervous temperament, though usually kind and affable, she is likely now to be cross and irritable. Her disposition becomes uneven and she is subject to spells of depression and despondency. Around the girl should now be thrown a gentle and protective care, and she should be treated with the considerative kindness which her condition demands.

The ignorance of mothers, and their failure to counsel their daughters respecting the dangers incident to this period, is undoubtedly the cause of the greater proportion of the life-long sufferings and premature breakdowns, to which women are subject. Many an invalid would be well to-day if she had received the proper attention at this time. Many a hysterical woman would be stable and strong only for the consequences of inadvertant imprudence during her change from girl-

hood to womanhood. Unstable and erratic parents who give to their daughter her poor, nervous apparatus, should make every effort to guide her steps from the perdition of nervous wreckage. Young girls are often quite reckless regarding the care of their bodies, but it is the solemn duty of mothers to impress upon them the fact that their whole subsequent life will be influenced in no small degree by the manner in which they care for their health during this period. The girl should be relieved of taxing duties of every description. Work is wholesome and to get tired is wholesome, but at this period it is best to occupy both mind and body with light, congenial employment. Whatever stimulates the emotions or taxes the nervous system, should be avoided. The mind should be kept in a calm and undisturbed condition, and severe mental application is highly imprudent. Many a mother whose rugged rearing has given her a robust frame and a sturdy nervous system, takes infinite pains and pleasure in denying her daughter the very training that made a woman of her. Don't lead your daughter into pleasures and duties beyond her years. She will become a woman soon enough, and to force mature functions through an immature organism, is a crime which generally lies in a mixture of ignorance and vanity on the part of parents who wish their children to excel in attainments. They will accomplish much more in the end if they will, at this period, leave the schoolroom and take a year's congenial holiday, if they will spend as much time as possible in the open air and in God's beautiful sunshine, and be relieved of severe burdens of every kind.

Let them build a bulwark against nerves by developing strong lungs and a vigorous digestion. They then will reenter the schoolroom fully pre-

pared for the attainments of a grand, useful, and noble womanhood.

*St. Helena Sanitarium,
Sanitarium, Cal.*



X-Ray in Cancer

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

FROM the most remote times cancer, in view of its incurable nature, has held out more terrors to mankind than perhaps any other disease.

It is a noticeable fact that the great majority of those in the advanced stage of pulmonary tuberculosis can not be persuaded that they are so afflicted. Not so with cancer. A small innocent ulcer is often sufficient to arouse suspicion of this grave disease. Although it is far from the writer's mind to lull anyone into a feeling of security which would encourage neglect in seeking the best medical advice, still we would enter a protest against relying upon the diagnosis of some unscrupulous so-called cancer specialist, who often creates undue alarm when consulted relative to some innocent growth. This is done in order to command a good fee for removal by caustics or operative procedures.

The use of the X-ray in the treatment of disease was discovered almost accidentally while using it for diagnostic purposes. Almost simultaneously several physicians in different localities noticed beneficial effects upon superficial diseased parts while making examination for broken bones, foreign bodies, etc. By publishing these ob-

servations, interest was aroused in the subject of phototherapy and radiotherapy, which was augmented from time to time by published reports of Finsen's success in Copenhagen. At the last annual meeting of the American Electro-therapeutic Association, one-fourth of the papers presented were upon the above named subjects, indicating the interest aroused in this new therapy.

The treatment consists in exposing the cancer, or diseased part, a few inches from the Crookes tube. The duration of the exposure varies from five to fifteen minutes. No pain is experienced from the treatment; in fact, the relief from pain caused by the tumor is generally pronounced after the first two or three treatments. Those who have seen advanced cases of cancer know that the odor is often repulsive. This condition is entirely eliminated after only a few treatments. Were this, with the relief of pain, the only influence upon the disease, none could say but that the discovery was a wonderful boon to mankind. Where the condition causes troublesome hemorrhage a few exposures to the ray were sufficient to hold this in check.

In view of the fact that with the early experience with the X-ray, deep-seated burns were occasionally produced, the

question is often asked about the danger in this treatment. In the first place, the duration of each treatment is not sufficiently prolonged to produce a burn of any considerable degree. After a few treatments the resistance of the patient is learned, when the duration of the sitting can be arranged accordingly. To produce a slight burn upon the diseased tissue is the effect sought for. In order to protect the healthy skin, a layer or two of tea-lead is placed over it, thus concentrating the light upon the diseased area only. A few treatments without using the screen is said to lessen greatly the possibility of the recurrence in the surrounding parts. It has been found that an exposure of from ten to fifteen minutes is not likely to burn healthy tissue, while it is sufficiently long to produce gradual destruction of the cancer.

Although sufficient time has not elapsed to say that the cure in these cases is permanent, the power of the X-ray to palliate and relieve the conditions above named would place it among the most valuable remedial agents.

Heretofore 70 per cent of all cases of cancer have terminated fatally in spite of all our boasted medical progress. The best operators have become almost discouraged with the results of their work in this class of diseases. Many of them are among the foremost in the use of the X-ray, hoping thereby to cope more successfully with this great destroyer. So far it is found that this method cures, to all appearance, 90 per cent of cases under treatment of cancer located in or near the skin. Tumors located deeply are not so easily exposed to the rays, hence the results are not so favorable.



Care of the Infant—Colic

By H. E. Brighthouse, M. D.

COLIC results from disturbance of the digestive function. Derangement may result from chilling, cold hands and feet, improper food, too frequent feeding, and lack of cleanliness of the baby's mouth, the nipples or bottles. The mother's digestion has much to do with the baby's welfare in this respect.

Prevention of colic should begin with treatment of the mother. Her whole life should be made as natural as it is possible in this artificial age. Everything for the perfecting of her

own health and digestion must be brought into her life. A moderate amount of exercise, together with proper rest and repose, an abundance of fresh air, a quiet, calm mind and peaceful life, do much toward eliminating colic. The mother should not be overworked, should not be worried, nor full of care and anxiety. Anger and undue excitement or intense grief may temporarily make the milk act as poison to the child. The mother can bring elements of peace into her life, even if placed under unfavorable circumstances, by poise of mind and the

power of the will, together with a firm trust in God. The power obtained through faith is boundless in its effects.

If the mother has digestive disturbances she should carefully study herself and her diet. Simplicity in diet is always best. She should use those things suitable to her digestive capacity, and carefully avoid everything which in any way disturbs her digestion. A diet of well-cooked grains, fruit, and a moderate amount of nuts or nut preparations and vegetables nicely cooked, give all the elements needed for both mother and child. It is not necessary to avoid fruit for the baby's sake, as some suppose. It is not the fruit that is at fault, but its combination with other articles of diet by which an easily fermentable mixture is made.

At the time of the baby's arrival, especial care must be taken to prevent its becoming chilled. Many a baby has had its digestion impaired as the result of becoming chilled at birth, with the result that afterward it was subject to colic. For this reason, as soon as the baby arrives it must be covered with something warm and kept in a warm place. Its feet and hands must always be kept warm. Stockings or socks are indispensable for a baby.

Another source of disturbance is the various things given the baby during the first day or two of its life. It is much better to give only pure, warm water. It is seldom indeed that there is real need of giving anything more substantial before the mother supplies nature's best food. No other food or mixture can take the place of mother's milk, and to feed the baby anything else is simply subjecting the little stomach, which has not yet begun its

function of digestion, to derangement of that function. No harm results to the baby from its having nothing but water, and much harm may result from anything else.

A baby subject to colic may need the intervals between feedings lengthened. At all events, be regular, and do not put the baby to the breast every time it cries. Probably the trouble is that there is already in the stomach partly digested and fermenting milk. Instead of another feeding, warm water in a bottle will prove more satisfactory. With babies as with older people, resting the stomach is excellent cure. Colicky babies are often the fattest babies because of the over-feeding they are subjected to.

For an attack of colic, give the baby hot water to drink from a bottle, put something warm to the abdomen and to the feet. A hot foot-bath sometimes is very helpful. A hot sitz bath or hot full bath may be required. Sometimes it is necessary to resort to a warm enema. Rubbing the abdomen with a hot flannel or with warm oil is very efficacious at times. When the wind escapes from the stomach or bowels the baby is relieved of its distress.

The soothing syrups usually given the baby for the colic can not be too severely condemned. Most of them contain opium or liquor in some form, and while temporarily alleviating pain, they only make conditions worse. The possibility of effects in after life is never thought of. Seeds are sown for the easy acquirement of the terrible opium or liquor habit. It is for the child's best welfare to secure relief by some more laudable method, even if the result is not obtained so quickly. Seek out nature's way. It

is not possible to be out of harmony with nature and yet have health; and it is not possible to substitute a few doses of patent medicine for harmony with nature's efforts when disorder has made its appearance. The patent

medicine may put off the evil day, but when it does come, it is only the worse for the delay. Of all beings, a tender baby should not be subjected to such things.

1482 Market Street, San Francisco.



Asparagus

By Mrs. Flora Leadworth

[Author of "Natural Food of Man."]

THIS little sprout is the first of all the vegetable kingdom to push its way into the fresh, spring air, and how we hail its presence with delight, giving it first honors in our menu.

Many delicate and wholesome dishes may be prepared from it such as:—

- Asparagus on toast.
- Asparagus omelet.
- Asparagus salad.
- Escalloped asparagus.
- Asparagus with walnut rice balls.
- Asparagus soup.

The green asparagus is preferable to the white or bleached, as it is not so tough, and has a better flavor. It should be fresh and tender, well cleansed, and cooked in as little water as possible.

If it be *served on toast*, the sprouts are best cooked whole. To do this, allow six or seven to each slice of toast; tie these in bunches and stand points up in a deep kettle, pour in enough boiling water to come a little more than half way up the stalks, salt, cover tightly, and cook gently until tender, remove at once from the liquid. The toast should be all ready

on a heated platter, so each bunch can be lifted out and the string cut and removed. For a finish use any of the following named sauces: egg sauce, cream sauce, tomato sauce, lemon sauce.

For all other purposes the sprouts are best cut into small pieces; the tough portions should be kept in one kettle, and, after being cooked and run through a colander, can be used for soups or gravies, thus avoiding all waste of so delicate a food.

The tender portions should be cooked by themselves in as little water as possible, that has been slightly salted. As soon as cooked sufficiently, remove at once from the liquid in which cooked. This liquid may be used in the soup.

Walnut Rice Balls.—Mix thoroughly two and one-half cups of cooked rice, one cup of finely-rolled walnut meats, a little finely-chopped onion or parsley; salt to taste, form into medium-sized balls, place on an oiled pan, brown in a quick oven; serve at once, using nicely cooked asparagus points as a dressing.

Dried Asparagus.—If wanted for winter use, the tender sprouts can be easily dried by cutting in small lengths and putting to dry in a place where the sun

will not shine on it too strong. When wanted for use it will require to be soaked overnight.

Spokane, Wash.



Food For Infants

By **Lauretta Kress, M. D.**

IMPROPER feeding is the most active cause of infantile disease. A great deal of suffering and many premature deaths result from digestive derangements.

How many puny children with shrunken, wasted frames would quickly become happy, healthy, and well-nourished, if fed according to their requirements! There is rarely any lack of food, for mothers are only too willing to provide for their little ones; it is for want of food which they can digest and assimilate that so many suffer.

The pernicious habit of cramming something into the child's mouth every time it is opened is responsible for endless mischief. Regularity is a necessity in infant feeding, and the frequency of the meals must be determined by the physical condition of the child.

Few children cry from hunger; pain resulting from overfeeding is a much more likely cause, and a little warm water internally, or a warm application externally, will usually give speedy relief. Whatever is done, more food must not be crowded into the stomach merely to hush the child's voice. Many a voice has been forever hushed in this way.

Do not endanger the life of your child by feeding it on the various condensed milks. Milk obtained from dairy men, or milkmen, should not be relied upon, as it is often a carrier of various diseases, and is always adulterated with preservatives which are injurious and especially dangerous to the structures of the feeble infants. As high as eleven grains of boracic acid have been discovered to the pint of milk. It has been acknowledged that the milk trade would have to be abandoned if the preservatives were not used, as the milk would spoil before it could be delivered at the homes of our cities.

The best food for babies is, undoubtedly, mother's milk. Whenever possible, infants should be nursed for eight or ten months, but not longer. Children who have inherited good constitutions do not require more than five meals—four in the daytime and one at night—in each twenty-four hours, except during the first two months of infant life. Between the fourth and eighth months the interval should be prolonged to five hours, and at the end of the first year only three meals a day need be provided, the child being allowed to sleep soundly all night.

To break a child of night nursing, a

little warm water may be administered in the bottle in place of the customary milk; the baby will drink freely and then drop off to sleep again.

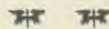
Feeble or premature children must be fed rather more frequently than those of sounder constitutions, and they require extra care.

Never allow an infant to sleep at the breast or with a feeding-bottle in its mouth; let it stop eating as soon as its hunger is appeased. This constant suction is responsible for the frequency of posterior nasal growths and enlarged, inflamed tonsils. Nor is it advisable to give sugar teats or sweets to soothe a crying child. Some mothers administer sugar and water the first few days of life, but this practice causes spasms and similar disturbances. Herb teas are unnecessary and often harmful. Plain water is by far

the best drink for young children.

When the mother is unable to suckle her child, so that artificial feeding becomes a necessity, cow's milk, properly sterilized and diluted, is the best substitute. Since it is hard to keep the nipples and tubes of feeding-bottles clean and free from germs, it is much better to teach the baby to eat from a spoon. Although more of the mother's time is taken up by this method, the results justify its expenditure.

At the third or fourth month, sanitarium infant food, zwieback (twice baked bread), finely grated or powdered, or pulverized granose flakes, may be added to the milk. These products are much more easily digested than the majority of so-called "infant foods," and are certain to be pure and unadulterated.



Why Don't Temperance People Fight Patent Medicine Enemy?

THAT is a question we would like to have any member of the W. C. T. U., or other similar organization answer. If it is admitted that the army-cauteren made drunkards, surely the patent-medicine syndicates make a thousand times as many. No one is ignorant of the fact that there are many million dollars' worth of these nostrums sold each year, and that multitudes of people are thus secretly and ignorantly turned into drunkards. Last year a great temperance reformer's portrait and testimonials were blazoned in every yellow journal in the country, extolling the virtues of a nostrum largely made up of alcohol. It was alcohol in

it that gave it its power and that "cured" the temperance reformer. Dr. Bumgardner (Transactions of the Colorado State Medical Society, 1902) says that the following "patent" medicines contain the percentages given of alcohol:—

Greene's Nervura	17.2
Hood's Sarsaparilla	18.8
Schenck's Sea-weed Tonic	19.5
Brown's Iron Bitters	19.7
Kaufman's Sulphur Bitters	20.5
Paine's Celery Compound	21.0
Burdock's Blood Bitters	25.2
Ayer's Sarsaparilla	26.2
Warner's Safe Tonic Bitters	35.7
Parker's Tonic	41.6
Hostetter's Stomach Bitters	44.3

Think of a crusade against beer, which contains only from 2 per cent to 5 per cent of alcohol, while allowing the free sale of "bitters" containing ten times as much. The "bitters" are stronger than whisky, far stronger than sherry, port, etc., and claret and champagne are far behind.

Is it beyond the truth to say that alcohol causes from one-third to one-half of all the criminals, defectives,

insane, and dependents which the State is compelled to support? What proportion of these are the products of the patent-medicine syndicates no one can tell. It is surely large. It is only by government protection that the alcoholic nostrum traffic is carried on. This is a profitable business for the syndicates so long as the State will care for their pauperized victims. How long will it continue to do so?—*American Medicine.*



The Drinker

THE temperance cause is receiving aid from various directions more calculated to produce good and lasting influence in deterring men from drink, than all the laws in the world.

For instance, we find that American insurance companies are agitating the question whether they shall not follow the example of English companies, and make better rates to abstainers. Many are seriously inclined to adopt such a ruling, which is founded upon sound premises. Statistics prove conclusively that the abstainer has a longer lease on life, he is less exposed to accidents and current diseases, the mechanism of his body undergoes less friction.

The drinker has fewer chances of remunerative employment. Corporations are more and more refusing to fill responsible positions with men who drink. A drinking man is unreliable. Drink leads to the downward path. Men who indulge in this practise are uncertain factors, and are not wanted.

In a variety of the trades the men are learning for themselves, the dan-

gers of drink. Painters, carpenters, hod-carriers, and others whose calling exposes them to certain dangers requiring clear heads to avoid, have learned to let drink alone.

A man who works all day on a swaying platform many feet above ground, or climbs a ladder carrying a heavy load, does not want his faculties befuddled, his balance destroyed, or his limbs made heavy and clumsy by drink.

The abstainer enjoys better health than the drinker. The drinker's appetite is capricious, digestion impaired, nerves on edge. His kidneys are overworked and irritable. The continual passage of urine, inflamed by the agency of alcohol, over the prostate gland, causes swelling and thickening of that organ, which cuts short the period of sexual vigor, and exposes the unfortunate tippler to all the horrors of catheter life. Unquestionably, the man who lets drink alone prolongs the period of sexual activity at least ten years.

The time is coming when men will be led by self-interest and observation

of the deleterious effects of drink to let it alone. The doctor can contribute to and hasten this desirable end by putting his scientific knowledge and professional influence openly and always against the practise. This he owes to mankind as an offset for the irremediable harm done by dead and gone generations of doctors, who were accustomed to sanction the use of spirits as tonics and appetizers.—*Dietetic and Hygienic Gazette.*



Boycotting Doctors

THE strikers in Waterbury, Conn., have been having "high jinks" in their own way, but nothing that they have done deserves so much to bring down public wrath on their heads as their recent attempt to "boycott" the doctors. According to the *New York Herald* these labor agitators have just issued an "unfair" list (which means a kind of black list), in which are included the names of some prominent physicians of the town. These practitioners are "boycotted" because they used the trolley cars to answer hurry calls, and because *they dressed the wounds of injured conductors and motormen.*

We trust this report will be widely read in the United States of America. The spirit displayed by these strikers is strongly suggestive of that of the French Revolution when it was at its worst. Civilization would not be worth a farthing if such men are to dictate terms. When the day comes when a physician has to ask permission of a mob to give his aid to the sick and injured, and to suffer a boycott if he ignores its unholy mandates, t will be time for civilization to go

out of business. We honor these physicians, and should like to have their names.—*Philadelphia Medical Journal.*



Old Clothing a Source of Infection

"THE daily calls of the old clothesman in our larger cities, and the newspaper advertisement offering the highest price for cast-off clothing, old feather beds, etc., suggest innumerable possibilities of infection. It requires little medical knowledge to comprehend the dangers to which the poor are subjected by the unregulated traffic in soiled clothes. If old clothing must be passed down the line, let it at least be properly disinfected."



Do It Now

So many of us do all our best work *to-morrow*, and, alas, *to-morrow* never comes! Yesterday is a closed record. No blood of sacrificial beast nor prayer of priest can alter it or wipe it out. Our only hour is *now*. What we have resolved to do *to-morrow* counts nothing to our credit. We may take hope and nurse our courage if yesterday's deeds do not haunt and humiliate us. And what we do *to-day* will so soon add to the tell-tale record.—*Dietetic and Hygienic Gazette.*



A SCHOOL-TEACHER said in reply to a health inspector's inquiry as to the location of the ventilators, that she did not have any and that she did not see any use for them. "But how do you keep the air pure?" was asked her. "Oh, I've got a thermometer," was her reply.



Woman's Realm

Conducted by MRS. M. C. WILCOX



For Love's Sake

SOMETIMES I am tempted to murmur
That life is flitting away,
With only a round of trifles
Filling each busy day,—
Dusting nooks and corners,
Making the house look fair,
And patiently taking on me
The burden of woman's care.

Comforting childish sorrows,
And charming the childish heart
With the simple song and story,
Told with a mother's art;
Setting the dear home table,
And clearing the meals away,
And going on little errands
In the twilight of the day.

One day is just like another,
Sowing and piecing well
Little jackets and trousers,
So neatly that none can tell

Where are the seams and joinings.
Ah! the seamy side of life
Is kept out of sight by the magic
Of many a mother and wife.

And oft when I am ready to murmur
That life is flitting away,
With the self-same round of duties
Filling each busy day,
It comes to my spirit sweetly,
With the grace of a thought divine,
"You are living, toiling for love's sake,
And, loving, should never repine.

"You are guiding the little footsteps
In the way they ought to walk;
You are dropping a word for Jesus
In the midst of household talk;
Living your life for love's sake
Till the homely cares grow sweet,
And sacred the self-denial
That is laid at the Master's feet."
—Selected.



Purity and Mothers' Meetings

By Mrs. Mina Mann

(Concluded.)

ALL that has previously been said in regard to the boy applies with equal force to the girl. The same process works there and the result is the same.

The souls and bodies of hundreds and thousands of our youth to-day are being destroyed by secret vice. If you think this an exaggeration, ask any reputable physician. Licensed houses of prostitution are on every hand, taking our girls and boys on

the swift and sure road to eternal ruin, and the devil and his angels laugh as we send out our loved ones in ignorance, knowing that through ignorance on the part of his victims, can he best work. Do you say this is plain talk? God knows I have tried to make it so. Too long have we hidden behind a mask of false modesty. It is time we aroused ourselves and realized that while we have been

afraid to touch this subject the devil has not been. I have heard so many mothers say, "O I could never talk of these things to my children." Would you rather they learned them from impure sources?

But where lies the remedy for all this evil?—I say, it lies just where the remedy for every other evil in this world lies—in education; not the education gained in school, but education on the side of purity and God's Word. Let us send our boys and girls out from the home with a right and pure conception of all that has been made impure and wrong. When a child is old enough to question, it is old enough to be answered truthfully. But many mothers do not know just how to meet these questions. They themselves have been educated on wrong lines and here is where the education must commence—with the mother. So we have the other side of the subject—mother's meetings, where mothers can meet to study and discuss these things and learn one of another. Study child culture. You will find it of greater interest than the latest novel, and vastly more beneficial. Thus we mothers can receive an education. Educate, *educate*, EDUCATE. Educate our girl to demand the same purity of life in her lover that he would demand in her. Educate our boy to keep himself just as pure as he wishes his future wife to keep herself. Educate him to believe that the seventh commandment applies to boys and men with just the same force that it does to girls and women, and that "they which do such things shall not inherit the kingdom of God."

"Where ignorance is bliss it is folly to be wise," but no bliss can come through an ignorance of our bodies

and the functions of its organs. "Know thyself." True, some keep pure—and it is almost a miracle—who have never been educated on these lines. Some men can take an occasional glass of liquor all their lives and not become drunkards. But do you want your boy to try it? I do not want mine. How many a broken down woman, physically, has exclaimed, "O if I had only known more about my own body and its care!" How many boys and young men have become morally polluted—yea, even physically—because they knew not the sacredness of the body God has given them. Too long have they heard, "Oh, a young man must sow his wild oats." If he sows wild oats what think you he will reap? "Be not deceived; God is not mocked; for whatsoever a man soweth, that shall he also reap. For he that soweth to his flesh shall of the flesh reap corruption."

What mother could allow a harlot to come to her house and associate with her daughter? And yet, it is a sad fact that many mothers will allow her companion in crime to come into her home, and by her treatment of him, say that she doesn't think his "little indiscretions" are so *very* bad.

The sins of Sodom and Gomorrah are in our midst to-day. Shall God always keep silent? Forty-six thousand of our girls are going every year into a life of shame and that means many times that number of our boys also living a life of shame. I have just read Mrs. Carlton Edholm's book "Traffic in Girls," and I advise every mother in the Union to get it and read it, and then decide whether her boy or girl is safe, and whether this agitation is useless and uncalled for.

Do not be afraid of the word *purity*. "Blessed are the pure in heart for they shall see God." Purity of life depends upon purity of thought. Teach our boys and girls this truth. Teach them to fill their minds with thoughts that are pure, ennobling, and elevating. Watch carefully what they read.

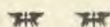
"Finally, . . . whatsoever things are *true*, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on *these* things."

"Blest are the pure in heart;
For they our God shall see,
And from His presence ne'er depart
Through all eternity.

"I will be their delight
Who here delight in Me,
And they shall walk with Me in white
Who seek for purity.

"No more in thought they err;
They're free from every stain;
They've washed their robes of character,
And spotless they remain.

"O bliss for which we've sought—
From sin to be secure!
In every word, and act, and thought,
Forever to be pure."



The Mission of Motherhood

MADAM: I wish to call your attention to the statement made by Bishop Spaulding, of Peoria, Ill., "that the women of this country are responsible for three-fourths of the crime committed."

Knowing that you have, from your former sentiments, a better opinion of your sex, I have no doubt that you will administer to the bishop a much-merited rebuke. E. J. SLOUGH.

I am afraid that instead of reproof the bishop, I shall agree with him to a great extent.

Much of the crime in the world can be traced to prenatal conditions of the criminals. Mothers who hate their unborn children and dwell night and day on thoughts of destruction bring children into the world who are destructive and whose minds are filled with hatred. Mothers who allow themselves to be swayed by violent tempers mark their children with such

passions, and a violent temper is frequently the first step toward crime.

Again, after the child comes into the world, unhappy home conditions, discord, quarrels, contentions, a lack of sympathy, or a too great indulgence of selfish desires, are all steps toward producing that soul orphanage which sends children into the streets, or anywhere to get away from home.

The father may be equally guilty in rendering a home an unhappy place, yet a mother's disposition is the one which gives the home its atmosphere. I have seen a sunny, cheerful, patient, and loving woman turn a house into a veritable Eden, in which all her own children and the children of neighbors and friends found sympathy and pleasure, despite the presence of the serpent in that Eden—a cross and cranky man.

Again I have known the dispositions of two generations of people to be ruined by the disagreeable and quarrel-

some nature of one woman. The inmates of that home—and many such homes—found any place more desirable. If the sons took to drink and wild ways, could it be wondered at?

An uncontrollable temper, and a tendency to be nagging, are home-destroying vices which ought to be preached against from the pulpit.

Mothers who allow their children to be disorderly, extravagant, and selfish, are helping them to tread the path toward crime.

Disorderly personal habits make disorderly minds. Selfishness and extravagance are the root of many of the crimes of the day.

The daughter who is brought up to believe it her right to have whatever she wants, no matter who suffers to gratify her, is the woman who drives her husband into forgery or defalcation, if he is not wealthy enough to meet her demands or strong enough to deny her. Often when he does deny her she figures in the divorce courts, and the correspondent is a man of fortune.

It is not infrequently the father's fault that a daughter is selfish and extravagant and idle. Yet the mother who possesses love, sympathy, tact, and patience can counterbalance such a paternal influence in the long run.

My faith in the influence of the right kind of mother is unlimited. There is nothing she can not do (and undo) with her child if she begins to mould its character before and continues after its birth.

There ought to be a "chair of motherhood" in every woman's college, teaching young women this incontestible truth.

Start with a child rightly born and well reared in a sensible, happy, loving, orderly, economical home, and we

have three-fourths of the causes of crime headed off. Idleness, extravagance, selfishness, ill-temper, greed, disorderly habits—when these vices are prevented by right generation and right education, there remains but the sexual passions to lead to crime.

It is woman again here who figures as angel or demon, to save men from wrecking their own lives and hers.

Woman should be taught that she is the stronger rather than the weaker sex; for she has been forced by the laws of God and society to develop and exercise her self-control, where man has been allowed to follow his desires, until she has tenfold the moral strength he possesses.

Where her vanity, her love of power, or her mercenary impulses do not lead her to be weak, she can guide and control men as she chooses in these matters.

She can bring out the divine or the animal nature, as she will. She can lead them to the heights or the depths. She can send a man temporarily beside himself with a wild infatuation, back to the bosom of his family ashamed and repentant, or she can drag him through the mires of scandal; she can change an unhappy passion into a healthful ambition to be useful and to achieve, or she can feed it with its own fuel until it destroys and devastates. She can by wile and art arouse jealousy and anger, or by womanly wisdom and sweetness allay and dissipate them. She can incite cupidity, or control extravagance. She can in fact make or mar the life of man, for her influence begins before he draws breath and lasts to the grave. Great, awesome, wonderful is her mission as mother, wife, friend. Let her beware how she fills it.—*Ella Wheeler Wilcox.*



Editorial Articles



Important Factors in the Causation of Dyspepsia

IN our last issue we made a statement which may possibly be misunderstood. We would not for one instant give the impression that it is of little importance what one eats. It is of the greatest importance that one secure a proper amount of nourishment of the right kind, properly prepared. A notable deficiency in any of the nutritive constituents of food or a marked excess of any one or more of these constituents, continued for a considerable length of time, will, sooner or later, be followed by damaging results.

Fortunately there is an instinct, more marked in the lower animals, but noticeable also in man, which leads to a fairly accurate selection of foods. Vegetable foods, as a rule, contain an excess of carbonaceous or energy-producing matter. Some races of men obtain their nitrogenous or tissue food from the animal kingdom. Others, who through necessity or choice live largely or entirely on a vegetarian diet, select such foods as the pea, bean, and lentil, which are rich in nitrogen, to combine with the more starchy foods. This selection is not the result of a study of physiology and physiological chemistry, but is one manifestation of the God-implemented instinct which, unless destroyed by artificial conditions, exists in every man.

Instinct leads man, to a certain extent, to comply with the laws regulating his being, telling him to eat

when he is hungry and to drink when he is thirsty; and the appetite, if it has not been perverted by wrong living, indicates, to some extent, what kinds of food are needed. Many people, therefore, who know nothing of the laws of health or of the necessity for such laws, have good health. Perhaps they might have better health if they knew more—perhaps not. It is even possible that in some cases a partial knowledge only of the laws of health might, by encouraging a habit of introspection and self-consciousness, work disastrously. A little knowledge is a dangerous thing sometimes.

To return to our subject: while nature, to a certain extent, aids people in the selection of their food, she does not always keep them from worrying; and it is the writer's candid opinion that there are more people suffering from dyspepsia as a result of mental disturbance than as a result of eating wrong combinations of food. Not that the foods have no influence, but the mental influence is often the most potent. One who has written much on dietetics says: "Sickness of the mind prevails everywhere. Nine-tenths of the diseases from which men suffer have their foundation here. Perhaps some living home trouble is like a canker eating to the very soul and weakening the life forces." And there is no part of the organism over which the mind has such absolute sway as over the digestive system.

Worry takes the sap right out of a person. The minister worries over his congregation, the business man over his debts, the housekeeper over her petty annoyances and her greater troubles. Some people worry because others are happy. Even David once worried over the prosperity of the wicked.

Worry is everywhere. One who reads the story of Martha and Mary in the Bible, will at once notice the evidence of worry in Martha's impatient tones. The Saviour's words, "Martha, Martha, thou art troubled about many things," might be truthfully spoken to thousands to-day. Many do not realize that they habitually worry. They have become so accustomed to it that they do not know any other mental state.

They worry about their own sins or the sins of their neighbors. They worry at their own bad fortunes or their neighbor's good luck. They worry because friends do not call on them or they worry because they call too often. It is too hot or too cold, too wet or too dry. The crop is going to be a failure or, if it is a good year, prices will be way down. You can take it for granted that the person who does not meet his acquaintances with a cheerful smile and a pleasant word, or whose conversation runs in the line of unfavorable criticisms, whether of the crops, the weather, the neighbors, or what not, has the worry habit, and is committing slow suicide by impairing his digestion.

Paul's "finally," in Philippians the fourth chapter, is to the point, and would be a sovereign remedy for many stomachs supposed to be hopelessly dyspeptic.

"Finally, brethren, whatsoever

things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." Just above this he admonishes us to "Be careful for nothing." Let no circumstance be an excuse for worry. It is foolish to worry over what we can not help. Worry can not do any good and only establishes a morbid mental condition which, sooner or later, becomes a controlling factor in one's life, thereby destroying all happiness in this life, if not all hope for the next.

But what are the poor souls to do who have the worry habit firmly fixed? They may know, to some extent, where the trouble lies. They may realize that it is their unfortunate mental condition which is dragging them into the grave. They may be making strong effort to overcome the evil, but their efforts seem to be of no avail. The difficulty continues to grow. Cheerful companions jolly them up for the time being. But their season of good spirits is apt to be followed by a period of gloom more intense than before.

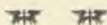
There is one remedy for these mental troubles, namely, the Christian religion. Sound conversion and the religion of Christ is a remedy of wonderful efficacy,—in fact it is *the* remedy in the treatment of mental troubles. The Spirit of God is a mighty soother to troubled nerves. "The fruit of the Spirit is love, joy, peace," etc. The joy and peace that comes into a true Christian experience is something that the world, with all its allurements, can not give. It is true many professed Christians have not this peace. They

are experiencing a religion similar to Martha's. Troubled by many things, including various missionary enterprises, but not feeding on Christ, they are attempting to live on the husks. Christianity—the true article—means health, physically and mentally.

On the other hand it requires health to live the true Christian life. One whose nerves are shattered through abuse, whose digestive organs are on a strike, will be much handicapped in the Christian warfare, and will often have occasion to repent bitterly of

some hasty action caused by his unsettled physical condition.

One so handicapped must settle down firmly on the texts, "Being confident of this very thing, that He which hath begun a good work in you will perform it until the day of Jesus Christ" (Phil. 1:6) and "Cast not away therefore your confidence, which hath great recompense of reward" (Heb. 10:35), and firmly persevere in the struggle against a cross-grained disposition, even though the test seem hopeless. To give up the struggle means destruction.



Answers to Correspondence

By the Food Factory Man

M. M. B., Oreg.: (1) In answer to your query as to the object of publishing the HEALTH JOURNAL, I may say first that it is *not* published for the purpose of proving that all disease can be cured by the use of certain kinds of foods. It is published for the purpose of keeping before its readers the natural means of maintaining and restoring health. There are food cranks, exercise cranks, internal bath cranks, and other kinds of cranks, each one believing that health can be restored by faithfully following his hobby. Ill health is the result of violation of natural law; and a complete restoration to health can not be accomplished by anything short of a complete return to nature's methods.

(2) The "Food Factory Man" did not say, "There are more people made dyspeptic by studying the problems of

dyspepsia and digestion than in any other way." He said: "There are *probably* more," etc., (HEALTH JOURNAL, March, 1903. Page 75). He has no statistics which would warrant him in making the statement as quoted by you, but from his observation of patients he has been led to believe that most stomach disturbance can be laid largely to a mental origin—that much of it is aggravated and rendered more nearly incurable by the patient's habit of watching symptoms and the effects of foods. It is not the study of digestion as a science that causes the stomach to go on a strike, but it is the self study, the morbid, mental condition in which the patient is always conscious that his internal machinery is not working right; and in which he tries every remedy imaginable—except the right one. He eagerly reads every patent medicine advertisement, takes

tonics, digestive tablets, appetizers, etc. He rarely eats anything without fearing it will cause him trouble—and it does.

Another sentence which you criticize, you have not quoted exactly and in its connection. You quote: "The reckless in regard to eating get along better than those who are careful." The entire sentence reads: "We have in our Sanitarium two classes of patients, one who eat anything and everything regardless of consequences [I admit this statement was a little reckless; they don't eat jack knives.], and another class who are *over* careful what they eat, *always* fearing that something they eat will hurt them, and, really, *I believe* the people who are reckless get along *a little* better than the others." Now as you read this over please notice the words which are italicized for your benefit, and see if it does not convey a slightly different thought from what it does as you quoted it. As you quote it, it is not a true statement. As I wrote it, I am not able to see that it is untrue, with the exception of the extravagant expression, "eat anything and everything." I did not intend to intimate and I did not say that there are *only* two classes of patients in the Sanitarium. The classes mentioned are the extremes; and of the two, the reckless get along better gastronomically than the morbidly careful.

The "Food Factory Man" has no desire to prevent in any way the proper study of foods and digestion. He frequently conducts classes on this subject and he believes most heartily in diet reform as an important part of health reform. But he does not think it is all of health reform. Neither does he think that a set of dietetic

rules can be framed which are of universal application.

(3) Please carefully reread the letter in the March number, bearing in mind that it was originally written to one whose stomach trouble is undoubtedly aggravated by his mental condition, and I think you will be able to answer your third question yourself.

We take it that your criticisms have been made in a spirit of friendship and that you have, by not noting the exact wording, mistaken the thought of the writer. Read "How to Eat for Health," page 96, in April number, also the article on same subject in the current number.

INSUFFICIENT OXIDATION.

H. M., Cal.: From the symptom you give (light yellow sediment on standing) I judge your trouble is not with your kidneys or bladder but with your liver; that you are eating more food than your system burns up completely, and part passes out in the form of cinders instead of ashes. The pain in the back on bending is likely of a rheumatic nature rather than kidney trouble. I do not attribute your trouble to the drinking-water you are using, but to some fault in nutrition or cell action. A personal examination would reveal more definitely the nature of your trouble. It may be that you are eating a little too much, or that you are not getting enough exercise to help burn up what you eat, or again, it may be you are getting too much nitrogenous food, such as meat, cheese, etc. The gluten foods will probably furnish you nitrogen without causing this deposit. This you can determine by experimenting. I suggest that you try for this purpose the forty per cent

gluten and that you use less meat and cheese.

If you are situated so that you can, it would be an excellent plan for you to visit the sanitarium at St. Helena, and undergo a course of treatment and diet and learn more regarding the proper care of yourself. I feel quite certain it would be money and time well invested.

H. C., New Mexico: I can not be certain as to the nature of your trouble from the description you have given. It will probably require the attention of a competent physician or surgeon, and I would suggest that you take a run up to the Boulder, Colorado, Sanitarium if you possibly can, and have a thorough examination. It will probably not yield to any change in your diet unless this is accompanied by other measures.

VARICOSE VEINS.

L. R. E., Missouri: The first thing in the treatment of varicose veins in the leg is prevention. Clothing should be worn in such a way that the blood is not obstructed in its return to the heart. There should be no tight bands around the waist or any where above the affected part. One so affected should not stand any more than is absolutely necessary, as the weight of the blood helps to cause it to stagnate. Constipation may increase the difficulty, as the fecal matter is apt to collect in the groin and prevent the flow of blood back to the heart. The limb should be bandaged with a rubber elastic bandage, beginning at the foot and winding upward, which should be taken off at night.

By the proper adjustment of garments, the use of properly applied

elastic bandage, the avoidance of a standing position as much as possible, occasional massages to the limb, rubbing the limbs toward the heart, and proper attention to the bowels, you may avoid the necessity of a radical operation, that is, cutting out the affected veins.

UNLEAVENED BREAD, PEARL WHEAT, OILS.

E. J. C., Wash.: For most people bread made by means of yeast is better than unleavened bread, as it is ordinarily made. Experiments conducted under the auspices of the United States Government, show that the lighter and more porous bread is, the better it is digested. If on account of stomach trouble the yeast is objectionable, it may be completely destroyed by converting the bread into zwieback. Of all unleavened breads the best is that known as aerated bread, in which ordinary air is introduced into the dough by a patent process. Such bread would not be available for you as it is not made on the coast. Next to this in healthfulness are rolls and sticks, made by stirring flour gradually into water, and agitating it with a spoon in such a way as to incorporate a large number of air-bubbles. Flour should be added in this way until the dough becomes too thick to stir with a spoon, after which it should be kneaded from twenty to thirty minutes, adding flour as may be necessary. Bread made in this way has a fair degree of lightness and crispness. If preferred, shortening may be added either to the water before beginning the mixing, or to the dough just before beginning to knead. For this purpose cream is preferable, but cooking-oil or olive-oil may be used. When the

dough has been made, it is rolled out into rolls about the size of a finger and baked in a moderately quick oven. I will not give any recipe for gems, for it is difficult to make them so they will be wholesome.

Pearl wheat is very good food when cooked as you suggest, but with most people whole wheat answers fully as well.

As to the use of olive-oil I should suggest the use of ripe olives if you can obtain them, and I think you will find no difficulty in using them daily in considerable quantities. The oil may be used in salads for dressing. Some use it on bread, although I am not certain that this is a good practise. Some make a practise of not taking the oil at meal-times but at some time apart from meal-time, so that it may not interfere with the digestion of other food.

OLIVE-OIL.

Mrs. E. A. R., Wis.: I believe the olive-oil is the best oil for all cooking purposes. Much that is sold as olive-oil is either peanut or cottonseed-oil; in fact, it is probable that all imported

oil is adulterated. I was told by a large manufacturer of cottonseed-oil from Texas, that he shipped almost his entire product to France to be re-packed and returned to this country as "pure olive-oil." The Sanitarium Food Company, of St. Helena, are handling a brand of olive-oil, put up especially for them under contract by a large producing company right in the olive-oil district. The producers by this contract, agree to forfeit \$1,000 if any adulteration is found in their product. As the Food Company needs that \$1,000 they will take pains to have the oil tested occasionally by the government chemist. So I can confidently recommend the Sanitarium brand to be olive-oil and nothing but olive-oil.

FRUIT NUTS.

H. C. M., Colo.: The food called Fruit Nuts is made from cereals partly malted, nuts finely ground, and fruits. It is thoroughly cooked and is something like granola except that it is a darker brown and has a sweeter taste owing to the presence of malt sugar. It is sold in 1 pound packages at 12½ cents a package.

PACIFIC HEALTH JOURNAL

MONTHLY—DEVOTED TO

Family Hygiene and Home Comfort

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

H. H. HALL, Business Manager

Address all business communications to PACIFIC HEALTH JOURNAL, Pacific Press, Oakland, California
All contributions, exchanges, and matters for review should be sent to the Editor, Sanitarium, Cal.

VOL. XVIII.

Oakland, California, May, 1903.

No. 5

Publishers' Department

OUR attention has been called to an error which crept into the April JOURNAL. Mrs. Flora Leadsworth is not the author of "A Friend in the Kitchen," but of "Natural Food of Man."

THE St. Helena Sanitarium has been rapidly filling up with guests and is enjoying much of its old-time prosperity. And, by the way, lovers of the beautiful in nature will never see this fair spot in a more charming mood than at this time of the year.

THE Pacific Press Publishing Company have just issued a work from the pen of Mrs. E. G. White, entitled "Education," which is undoubtedly one of the best productions of this gifted writer. The scope of the work may be learned from the following quotation:—

"True education means more than the persual of a certain course of study. It means more than a preparation for the life that now is. It has to do with the whole being, and with the whole period of existence possible to man. It is the harmonious de-

velopment of the physical, the mental, and the spiritual powers. It prepares the student for the joy of service in this world, and for the higher joy of wider service in the world to come."

Of especial interest to us as students of healthful living are the chapters on Physical Culture, in which are taken up the proper study and teaching of physiology, and the practical application of the laws of hygiene.

"Children should be early taught in simple, easy lessons, the rudiments of physiology and hygiene. The work should be begun by the mother in the home and should be faithfully carried forward in the school."

"There are matters not usually included in the study of physiology that should be considered,—matters of far greater value to the student than are many of the technicalities commonly taught under this head."

"The influence of the mind on the body, as well as of the body on the mind, should be emphasized."

There is probably no place where so full and clear a treatise on the laws of health are given in so few pages, as we find them in these chapters.

"DIP DOWN WHERE YOU ARE"



A SHIP'S crew was famishing for water. For days they had been restricted to the very smallest allowance. Finally, when it seemed they would all perish, a vessel was seen in the distance, and at once they signaled to it for water. The reply came back, "Dip down where you are." They at first hesitated but after repeated signals, knowing nothing else to do, they did dip down and found pure, fresh water, for they were in the mouth of the great Amazon River and did not know it.

This is a splendid lesson for those who wish to do missionary work. The opportunities are all around us. "Dip down where you are," and you will find many who are ready to hear and to receive the good tidings of "the Gospel of Health," and who will become willing subscribers to the PACIFIC HEALTH JOURNAL. Try it. Per year, 50 cents. Sample copy free. Address, PACIFIC HEALTH JOURNAL, Oakland, California.

Pacific Health Journal

IN CLUBS



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

No. Copies	One Year	Six Months	Three Months
5 . . .	\$ 1 50 . . .	\$ 0 75 . . .	\$ 0 38
10 . . .	3 00 . . .	1 50 . . .	75
20 . . .	6 00 . . .	3 00 . . .	1 50
30 . . .	9 00 . . .	4 50 . . .	2 25
40 . . .	12 00 . . .	6 00 . . .	3 00
50 . . .	15 00 . . .	7 50 . . .	3 75
75 . . .	22 50 . . .	11 25 . . .	5 63
100 . . .	30 00 . . .	15 00 . . .	7 50

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

Address

PACIFIC HEALTH JOURNAL
Oakland, California

Metal Badges

Metal Signs

PATRICK & CO.
RUBBER STAMPS
 STENCILS, SEALS, BRANDS, ETC.
 221 SANSOME ST. SAN FRANCISCO.

Metal Checks

Steel Stamps

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

The Vegetarian, 78 Madison St., Chicago

PACIFIC HEALTH JOURNAL

Our Little Friend

WEEKLY, ILLUSTRATED

The Ideal Children's Paper



This favorite little paper contains many interesting and instructive articles. Sketches of life in far-away lands.

Interesting stories about animals and birds.

Simple and instructive talks on Physiology and Hygiene.

"Uncle Ben's Cobblestones"—A series of friendly chats on common things.

Carefully selected stories of high moral tone.

"But I don't know
anything about
cobblestones, Uncle



From "Uncle Ben's Cobblestones"

ILLUSTRATIONS bearing on above topics will be specially prepared.

A BEAUTIFUL LITTLE BIBLE offered as a premium for five new subscribers. Send for booklet.

Single Subscriptions
50 cents per year

Pacific Press Publishing Co.

OAKLAND, CALIFORNIA

POLYTECHNIC BUSINESS COLLEGE

Twelfth and Clay Streets, Oakland, California



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

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

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

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

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

SEND FOR FREE ILLUSTRATED CATALOGUE

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

PURITY BOOKS

The way to purity is through knowledge

The Self and Sex Series

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

BOOKS TO MEN

By Sylvanus Stall, D. D.

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

BOOKS TO WOMEN

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

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

Publishers' Price, \$1.00 per volume

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

Address
PACIFIC HEALTH JOURNAL
Oakland, Cal.

When answering advertisements, please mention Pacific Health Journal



BATTLE CREEK SANITARIUM

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

Artificial climate
for those needing
special conditions

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

A fine gymnasium
with trained directors

Thoroughly aseptic
surgical wards and
operating rooms

All the conveniences
of a first-class hotel



Everything an invalid needs

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

Baths of every description

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

*Incurable and offensive patients
not received*

*Trained nurses of either sex
furnished at reasonable rates*

For Circulars, Address

BATTLE CREEK SANITARIUM, Battle Creek, Michigan

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

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

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

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

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

Porter Brothers Company

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

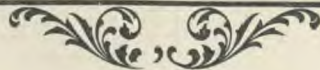
Corner Washington and Drumm Sts.

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

SAN FRANCISCO, CAL.

Pillsbury's Best FLOUR

Leads the World



For Sale to the Trade Only by

PENNELL-SUYDAM CO., Wholesale Grocers

14-16 Spear St., San Francisco

When answering advertisements, please mention Pacific Health Journal

**DIRECTORY OF PACIFIC COAST
SANITARIUMS**

- ST. HELENA SANITARIUM**
St. Helena, California
- PORTLAND SANITARIUM**
Portland, Oregon
W. R. SIMMONS M. D., Superintendent
- MOUNT VIEW SANITARIUM**
Spokane, Washington
SILAS YARNELL, M. D., Superintendent
- LOS ANGELES SANITARIUM**
315 West Third Street Los Angeles, California
F. B. MORAN, M. D., Superintendent
- NEVADA SANITARIUM**
619 Ralston Street Reno, Nevada
DR. M. B. McDONALD
- SEATTLE BRANCH**
BATTLE CREEK SANITARIUM
612 Third Avenue Seattle, Washington
A. Q. SHRYOCK, M. D., Manager
- SAN FRANCISCO BRANCH**
ST. HELENA SANITARIUM
1436 Market Street San Francisco, California
R. A. BUCHANAN, M. D., Superintendent
- SACRAMENTO BRANCH**
ST. HELENA SANITARIUM
719 1/2 K Street Sacramento, California
G. A. DROLL, M. D., Superintendent
- EUREKA BRANCH**
ST. HELENA SANITARIUM Eureka, California
C. F. DAIL, M. D., Superintendent
- TACOMA BRANCH**
BATTLE CREEK SANITARIUM
1016 Tacoma Avenue Tacoma, Washington
DR. T. J. ALLEN, Medical Superintendent
- NORTH YAKIMA TREATMENT ROOMS**
317 N. First Street North Yakima, Washington
Phone 1273
Conducted by MR. AND MRS. A. R. STARR
Trained Nurses from Battle Creek Sanitarium
- SAN DIEGO BRANCH SANITARIUM**
1117 C Street San Diego, California
T. S. WHITELOCK, M. D., Superintendent
- DR. W. L. GARDNER**
604-5 Dooley Block Salt Lake City, Utah
- BRITISH COLUMBIA TREATMENT ROOMS**
338 Cambie Street Vancouver, B. C.

**DIRECTORY OF PACIFIC COAST
VEGETARIAN RESTAURANTS**

- VEGETARIAN CAPE**
755 Market Street San Francisco, California
- VEGETARIAN RESTAURANT**
315 W. Third Street Los Angeles, California
- GOOD HEALTH RESTAURANT**
616 Third Avenue Seattle, Washington

DEPOSITORY

516 S. Hill Street Los Angeles, California

STORES

- 1482 Market Street San Francisco, California
- 72-74 E. Santa Clara Street San Jose, California
- 46 San Pablo Avenue Oakland, California
- 63 E. First South Street Salt Lake City, Utah
- 124 W. Center Street Provo, Utah
- 1115 C Street San Diego, California
- 2113-2115 Fresno Street Fresno, California

RAW FOOD

WHOLE WHEAT,
SCIENTIFICALLY
BLENDED WITH
FRUIT AND NUT.
THE FOOD NATURE

INTENDED FOR US TO EAT. Macerated Wheat, made without cooking or use of drugs, is a palatable, wholesome combination of these perfect food properties. It is a food that no one can eat without being benefited, both mentally and physically. Macerated Wheat prolongs life and imparts and restores health by eliminating all germs of disease. Cures stomach and kidney troubles; restores thin people to normal weight; reduces weight of fleshy persons. Mrs. Roxa Bush, New Braintree, Mass., writes Dec. 1, 1903: "Weighed to-day 176 lbs., just 53 lbs. less than on March 29. My steady improvement is causing much favorable comment among my friends." Macerated Wheat is a rational and perfect cure for indigestion. Will cure most obstinate case of constipation. Dr. Wilson, Eureka Springs, Ark., writes: "It's very palatable. Is a sure shot for constipation. Enclosed find \$1.00 for another sack." Macerated Wheat is pleasant to the taste, and should be eaten three times daily. Every ounce of it contains more life and health than a gallon of drugs Put up in 8-lb. cloth sacks (enough for 40 days). Price, prepaid, \$1.00; west of the Rocky Mountains, \$1.50. Full and complete directions for living on natural food accompanying each sack. Write for circulars on Raw Food Diet, covering my personal experience of several years. BYRON TYLER, Ridge Bldg., Kansas City, Mo.

Fifty Cents

Will bring the PACIFIC HEALTH
JOURNAL to your home
for one year

**NEW MODEL
DENSMORE**

Ball-Bearing Throughout



It accomplishes very desirable ends not
attained by any other typewriter

Our booklet or an examination
of the machine will convince you

Standard Typewriter Exchange

303 BUSH STREET
Tel. Main 5967 SAN FRANCISCO, CAL.

Zwieback



READ SCIENTIFIC-
ALLY TOASTED


Delicious served as dry
or cream toast ❁ ❁ ❁

For cream toast, place in saucer, pour hot cream or milk in dish until the Zwieback floats, and serve at once. A toothsome, palatable dish is the result. ❁ Nice fruit toasts can also be made by the use of Zwieback ❁

FOR SALE BY GROCERS



Sanitarium Food Company, Sanitarium, California
Portland Sanitarium Food Co., Portland, Oregon
Walla Walla Food Co., Walla Walla, Washington



THE TIMES IN
WHICH WE
LIVE

The following publication
will be found very helpful
in studying the significance
of current events :: ::




SIGNS OF THE TIMES

Weekly, 16 pages, Illustrated

The great aim of this paper is to make clear the meaning of current events. It is devoted to the exposition of prophecy and the presentation of the Gospel. Wars, unprecedented amassing of wealth, conflicts of the laboring classes, vices and crimes, and all other marked conditions of these times are among the subjects considered in this paper. The International Sunday-school Lesson appears each week, together with the best notes obtainable. The general matter and especially the Home department is such that it is enjoyed by the children as well as by the older inquirer after Bible truth. :: ::

Subscription Price
\$1.50 per year
post-paid



Signs of the Times

OAKLAND, CALIFORNIA