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# PACIFIC HEALTH JOURNAL

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No. 6

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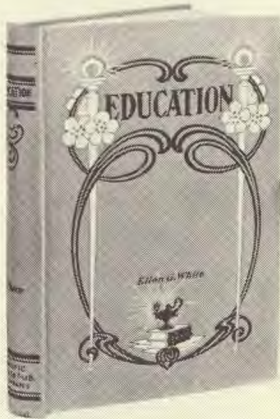
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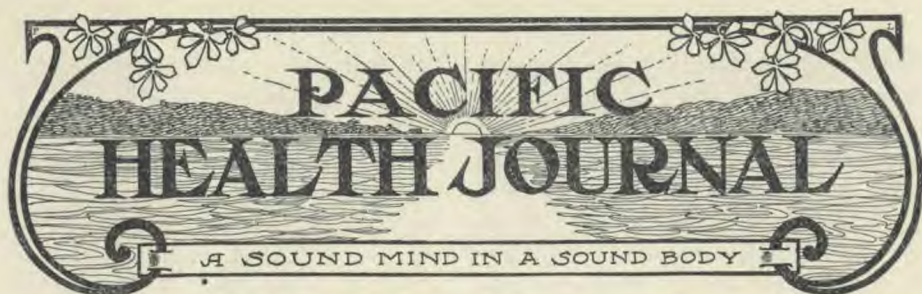
*When answering advertisements, please mention Pacific Health Journal*



**"So the baby-life may be marred and dwarfed."**

See article "The Baby" page 134.





VOL. XVIII.

Oakland, California, June, 1903.

No. 6.

## Insomnia

By A. M. Winegar-Simpson, M. D.

**S**LEEP is nature's great restorer of the bodily functions. It is not easily stated how sleep comes. We can not account for the fact that a person can lie down and become utterly unconscious for six or eight hours, and then get up and go on as before. It is something we can not understand, and were it not so common, it would be looked upon as a great mystery. There are a great many theories advanced in regard to this. One is that sleep is due to certain poisons which are secreted in the system, which overpower or make powerless the nerve centers, and thus produce sleep. Another is, that it is due simply to fatigue of the body. After twelve or sixteen hours of wakefulness, the body becomes tired and needs rest. During the waking hours the tissues are constantly breaking down, the vital forces are being exhausted, and the human machinery would soon wear out. But sleep comes to the tired body. It ceases its activity, and nature quickly builds up that which has been torn down during the day. Persons who lose their sleep become old and wrinkled from this more than from any other cause. You can go without

eating longer than you can go without sleep.

During sleep the heart beats slower than when we are awake, and when the heart is slower, the bodily functions are decreased. It is important that we put no extra work upon the digestive organs when we are about to sleep, as this overtaxes the body, and hinders the restoring process.

As to the cause of insomnia, we may say that there are many outside influences which may tend to bring about such a condition. This is doubtless due to the fact that we are living at such a rapid rate, and such a rush and nervous excitement. Persons who are living on a high tension wear out their bodies, and overstrain the mind, and are unable even when they lie down to relax sufficiently to obtain the desired rest.

As to the exact conditions as they exist in the body, there are probably but two or three direct causes of insomnia. Insomnia is a thing of itself, not a disease, but rather a symptom. It is said that insomnia is due either to congestion of the brain, or an anemic condition. The first statement is often true, that it is due to hyperemia of the brain, but those causes of



insomnia in which there is an anemic condition of the brain no doubt have some other disturbances rather than insomnia, which gives the sleepless state. All cases of sleep are cases of anemia of the brain. There is always a slight anemic condition of the brain when we sleep. There are two primary causes of insomnia, and possibly we might add to this a third, which is a combination of the two. But, properly speaking, there are but two causes of insomnia. The first, and probably the more common, is hyperemia, or congestion of the brain, a condition in which the brain is full of blood, and thus continues its activity as during the day. The second is due to the irritable condition of the nerve centers. We may have hyperemia of the brain, and also an irritable condition of the nerve centers, thus making the condition more complicated. We may have also an irritable condition of the nerve centers combined with an anemic condition of the brain. It is not always easy to determine which of these conditions exist. In hyperemic conditions of the brain, there may be but few symptoms aside from the insomnia. A patient may be perfectly quiet, but unable to sleep because of the active state of the mind, constantly thinking and carrying on mental work. The face may be flushed, although this is not always true. In cases due to an irritable condition of the nerve centers, either alone or in connection with hyperemia, the patient is more likely to be exceedingly nervous, unable to sit or lie still, fretful and restless. In order to treat the case scientifically, one must know which of these conditions exist. In cases of hyperemia of the brain, the blood must be diverted from

the brain and a condition of anemia of the brain produced.

In a case of insomnia due to an irritable condition of the nerve centers, such treatment might only aggravate the trouble. A simple method of dealing with insomnia when the brain is active and you feel like thinking, which is good evidence that there is too much blood in the brain, is to take a hot foot-bath before retiring. This will sometimes relieve the congestion. The hot leg pack is also very effective, and can be given while the patient lies in a horizontal position, and with but little effort. The same condition may be accomplished by the application of heat to the abdomen. Often such a simple measure as the application of an ice-bag to the back of the neck will give relief.

In the use of hot treatments for sedative effect, great care must be exercised, remembering that hot treatments are exciting, and that only such should be used as will divert the blood from the brain, and these should not be prolonged after the results have been obtained.

Usually persons having insomnia from hyperemia of the brain will be perfectly quiet if they can lie in bed and rest, and feel quite comfortable, except that they are wide awake. Another treatment that is very effective is the application of hot and cold to the head in such a manner as to prevent the flow of blood to the head, and at the same time divert the remaining blood from the head. The treatment is given in the following manner: Apply an ice compress around the neck in such a way that the collateral and vertebral arteries which supply the brain are covered. This causes them to contract, and thus les-



sens the supply of blood in the brain. An ice-bag should at the same time be applied to the vertex, which reflexly gives contraction of the cerebral and meningeal vessels, and cools the brain. A hot application is at the same time made to the face, which dilates the facial arteries and its branches, thus diverting the blood from the brain. This produces an anemia of the brain, in which the patient readily falls asleep.

Insomnia due to an irritable condition of the nerve centers is much more difficult to treat. It is more trying from the fact that the patient is nervous, can not lie still, and rolls from one side of the bed to the other. A person with insomnia is likely to have some digestive disturbances, which should also receive attention. A person who is sleepless from irritability of the nerve centers will try hard to go to sleep, and will get up and walk about, while the other person will lie perfectly still, yet wide awake. The nervous insomnia we would have to treat in an entirely different way. We might use hot foot-baths and fomentations over the abdomen, but the neutral treatments are usually more effective in these cases. The neutral bath is a most excellent thing for this purpose. The temperature should be somewhat below the body temperature, say  $92^{\circ}$  to  $96^{\circ}$ . In no case should the temperature be above that of the body, as this will excite and aggravate the condition.

Place the patient in the bath in a horizontal position, with a rubber pillow under the head, so that there will be perfect relaxation, the body being completely covered with the water. All disturbing influences are thus shut out, and the patient can then rest.

Never under any circumstances allow your patient to talk while in the neutral bath. It is well to have the patient lie perfectly still, with the eyes closed, while taking the treatment. The water surrounding the body excludes disturbances through the skin, and in the closing of the eyes every other influence is thus shut out, and often the patient will drop to sleep in the bath. If you do not have the facilities for a full bath, the neutral sheet pack may be given with good results. Wring a sheet out of water at a temperature of  $90^{\circ}$ , perhaps a little higher in most cases; wrap the patient in this, leaving the arms free, cover with bedclothes, and let him rest. The arms are left free, that the patient may not feel restricted and thus become restless. The patient often drops to sleep in a very few minutes, and may sleep in the pack all night if comfortable.

As stated before, insomnia is only a symptom, consequently any diseased condition which produces an irritable state of the nerve centers or a congestion of the brain, and should be treated and the cause removed, if possible, in order to secure permanent results.

\*\*\*

**Granose Moulds.**—Make a custard of four eggs and a quart and a half of nut cream, two tablespoonfuls of sugar; flavor with lemon juice. Add to this one package of granose, and stir well. Cook for five minutes longer. Have eight or ten cups ready, and dip each cup in water before putting the mixture in. Half fill with the mixture, and put them away in a cool place. Turn out into saucers when cold, and serve with a little cream or lemon sauce.



## Neurasthenia—The American Disease

By Margaret Evans, M. D.

**T**HE nervous system, while distinct from other systems and organs of the body, regulates all the processes of life. It is the medium through which all impressions are received and it governs every movement of the body. Without the nerves there could be no action of any organ, no sight, smell, taste, or hearing, no instinct or thought, or even knowledge of existence. So entirely dependent are we upon the nervous system that the most insignificant gland is powerless to secrete without its aid. We thus see that the healthy action of all the other organs of the body depends upon the perfect adjustment of this delicate organism, and with a nervous breakdown we may expect to find a disturbance of other bodily functions. The sufferer presents not only symptoms of disturbed motion and sensation, but is the victim of indigestion, poor circulation, and a host of other ailments.

Neurasthenia, or nervous exhaustion, is one of the most frequent of all nervous disorders. It is a condition of nervous breakdown, or a general fatigue of the nerves, with a deficient development of nerve force. The affection gradually develops in most cases, and it seems to be rapidly increasing from year to year. While it is a disease by no means confined to the wealthy, it is most common in the upper ranks of society. It is not usually met with in childhood or old age, but is most frequently found between the ages of twenty-five and fifty years. Among the principal factors bringing about the trouble may be

mentioned overwork, whether physical or mental, especially when of an irksome or worrisome character, loss of sleep, prolonged emotional excitement, worry, anxiety, the depression of failure, the stress of modern life, or ill-regulated and poor nutrition. Women are especially prone to the trouble, but it is not to be wondered at when we remember the profound changes taking place in her organism and the subtle and complex activities of her life. Business men, teachers, and journalists, together with others whose affairs entail emotional unrest, form a large quota of neurasthenic sufferers. In many persons the cares and anxieties attendant upon the gaining of a livelihood produce undue strain upon the nervous system, and unless the condition be taken early, and the patient given rest, nervous exhaustion will result.

Some individuals start in life handicapped because of the deficient amount of nerve capital they possess, on account of its having been squandered by their ancestors. Parents who have led irrational lives, indulging in excesses of various kinds, or who may be nervous or mental wrecks themselves, transmit to their children a predisposition to nervous weakness, and thus is formed a considerable proportion of our neurasthenic patients.

Although the affection can not be classed with such grave diseases as softening of the brain, or incurable spinal troubles, yet, considering the great army of neurasthenics which we have in all civilized countries and the increase with the advance in our



higher civilization, it is deserving of the most serious attention. Then, too, it not infrequently leads to much more serious disorders. A condition is developed in which the whole nervous system is below par, and the symptoms following are extremely varied. There may be a loss of weight, or an increased amount of fat. The patient becomes anxious, and emotional and mental symptoms gradually become established. His character alters, and everything is complained of. He is deeply interested in his condition, and desires the greatest consideration, but often manifests little consideration for others. In some cases anxiety becomes intense, and he complains of compression about the throat and palpitation of the heart. An aching or weariness of the eyeballs, especially after reading a short time, is often experienced. Ringing or buzzing in the ears is a common symptom, and a dull pain in some portion of the head is especially annoying and constant. An aching in the back or nape of the neck is usually present. The patient has a troubled sleep, and wakens more tired in the morning than when he went to bed. His indigestion is interfered with, and his appetite impaired. Many complain that what they eat rests in the stomach like lead. Gas in the colon frequently interferes with the heart's action, giving rise to intense fear of heart disease. Pain in the bowels and stomach often develops along with indigestion and constipation. Fortunately all of these symptoms do not present themselves in the patient at the same time or at any time.

Nearly all cases of neurasthenia are curable if the proper conditions and treatment can be supplied. Often the

symptoms are obstinate, and a lengthy course of treatment, together with the thorough cooperation of the patient, is required. Faith, hope, and all his strength of will power will be absolutely essential in securing recovery. Remove him as far as possible from the influences which led to his downfall. Take him away from his cares and old associations, and surround him by an entirely new state of things. Give him complete mental and nervous repose. Outdoor exercise is often beneficial, but over exercise and fatigue must be avoided. The diet should be nutritious but non-stimulating. Tea, coffee, tobacco, and alcoholic drinks only do harm. Frequent tepid baths and salt rubs are valuable tonic measures, also the cold mitten friction. Alternate hot and cold applications to the spine, and fomentations to the spine and over the region of the stomach and liver, do much good. A prolonged holiday away from the ordinary environments, in the woods, in the mountains, or at the seashore, is of paramount value.

Above all other things, educate him to be not self-centered, to be not dominated by mental depressions, but "to love his neighbor as himself."



A CHANGE of air is less valuable than a change of scene. The air is changed every time the wind is changed.



MOLD and decaying vegetables in a cellar weave shrouds for the upper chambers.



DIRT, debauchery, disease, and death are successive links in the same chain.





A BABY has come to the household. Who can tell what possibilities are bound within the tiny bit of humanity? As within the acorn is the future oak, so in the tiny baby-life is the future man or woman. But the acorn grown in unfavorable environments and conditions will not become the tall, symmetrical specimen of the noble oak that it was destined to have been. If, instead of some fertile valley, the acorn takes root on some bleak, wind-swept hillside, it is not because of any fault in the acorn that the resultant tree is stunted and twisted out of all semblance to its kind. So the baby-life may be marred and dwarfed

by its home management till, instead of a strong, useful man or woman, physically, mentally, and morally, it may become simply a warped specimen of humanity; instead of a leader in this

world in things good and true and right, simply one led, and that not always in right ways.

The home is the soil in which the child must grow. That soil may be favorable or unfavorable, according as those who compose the home make it one or the other. It is in the home during the early years of life that the character which manifests itself in later life is laid. Not only character but health is involved. Physical stamina and



"The soil in which the child must grow"





"A constant state  
of excitement"

endurance are what the race needs to-day, but many are devoid of it because during their early life their environment and management were not favorable to the development of a good constitution. Not knowing the principles of living which conduce to a strong constitution, there is in the home-life much that tends the other way. As a result, the child which, with right management, might gain in strength and vigor of constitution during its growing period, loses vital force instead. During the first months of its life it receives impressions upon the nervous system which remain with it through life.

During the first weeks of the baby's life it sleeps the greater part of the time. This should be encouraged to the utmost. The periods of wake-



"It sleeps the greater  
part of the time"

fulness increase gradually, and the brain activities begin to be manifested.

Nothing should be permitted during this time to force the mental and physical activities which are gradually unfolding. The little brain tires very quickly. All is safe so long as no artificial or unnatural influences are brought in to occupy these activities. That which is spontaneous and natural means growth. This may be directed, but when that which is artificial and exciting is introduced, there is overstimulation of the child, and abnormal development of the nervous system at the expense of the physical. Anything which calls out its brain activities too rapidly can only be disastrous to the nervous system and brain activity of later life. It is a well-known



"The object of  
admiration"

fact that the precocious child does not develop into the man or woman of greatest intellect. Do not try during infantile life to hasten the child's mental processes.

The baby is the object of admiration of all the household. It is the center of attraction of all friends. The baby who is so happy as to live in a family of a number of grown people may from this very fact receive so much at-



tention as to be detrimental to the best development of its nervous and mental system. It is better for the baby to amuse itself to a large extent. Let it learn the meaning of its surroundings in its own way, as its brain and nervous system can grasp them.

The baby who is kept in a constant state of excitement during its waking hours, by being continually amused by its elders, is receiving an undue development of the nervous system. Babies enjoy the presence of children better than older people because their mental processes are more nearly on a par, and consequently it does not tire so quickly. A baby should find quiet amusement with its own self for considerable periods of time. Before it can handle or appreciate things, it finds occupation and amusement in simple motion. It is learning, and is therefore happy. Later it requires things to handle. Not complicated toys, but simple things, give most satisfaction.

Anything very exciting to the little one should be avoided at all times, but especially near bedtime. The evening play hour, when father is home from



work and engages in a romp with the children, is wholesome for the family. But if the romp with the baby and the small children bring in elements of intensity and excitement, the brain and nervous system can not quiet down to natural sleep. The sleep is fitful

and restless—the impress of the excitement on the nervous system showing long into the night. This can not but be harmful to any child; it may even result in developing a nervous disposition in one not naturally so. But the effect on a nervous disposition is, of course, the more intense.

There is also danger in tossing babies. To some this is intensely exciting. While they enjoy it, and plead for more and more of it, it may still be making them intensely nervous. Tickling babies is another amusement for the grown people, but may be very bad for the baby. All of these things intensify existing nervous tendencies, and may develop them where they do not exist or are latent. Remember that for a good constitution the muscular system must be developed first, as a foundation for a well-balanced nervous system.



2315 Jackson Street, San Francisco.



# Question Box

In St. Helena Sanitarium Parlor, April 23, 1903

By T. J. Evans, M. D.

1. ARE granose and other dextrinized grains fat and flesh-favoring foods?

Yes. There is no food so valuable as the grains to produce good, sound flesh. After the starch in the grains has been thoroughly dextrinized, it is made soluble by a touch of the saliva. This makes them very valuable as flesh and fat-producing foods. Granose is made from the whole wheat, and there is no grain which contains the food elements in so nearly the right proportion for the body as does the wheat. After it has been rolled into flakes and subjected to a higher temperature, the starch is largely changed to dextrin, which means that the heat does a great deal towards its digestion.

2. Is it well to talk much while eating?

The eating hour should be the most pleasant of the day. A free, pleasant conversation facilitates digestion, as it keeps one from thinking upon subjects that would draw the blood to the brain.

3. Are grains in the form of mush suitable for dyspepsia; if not, what form of grains is best?

Mushes as generally prepared are not fit for the stomach, even though we do not have dyspepsia. It is difficult to heat the starch in mush to more than about 212 degrees, whereas it is much better if heated to about 400 degrees Fahrenheit. If the mush is made from grains that have been roasted with dry heat, it can be digested very easily. Dry foods that have been thoroughly cooked are better as a usual thing for those suffering from dyspepsia.

4. What foods are most fattening?

Nuts and grains are the best foods we have for producing healthy fat, as nuts and grains are largely composed of the fat-making elements. Most of the nuts have more than 50 per cent of oil in them, and starch, the chief constituent in grains, when it is properly prepared by thorough cooking, produces fat and energy.

5. Is grape juice good for nervous patients, and does it agree with milk?

The unfermented grape juice can be taken by most patients, and is a very healthful and nutritious drink, but it should not be taken with milk. Fruits and milk taken together do not make a good combination.

6. At what hour of the day should the heavy meal be taken?

It is usually customary with most people to have the heavy meal in the evening, between six and seven o'clock. This is a very bad practise, and has much to do with producing dilated and prolapsed stomachs. The stomach should have time to empty itself before one retires for sleep. It would be much better to have the heavy meal in the middle of the day. At the St. Helena Sanitarium, breakfast is taken at eight o'clock, and consists of a hearty meal, dinner at half past one. This gives the food plenty of time to digest, and makes it the best hour for those who wish to take only two meals a day. This is our heavy meal. At half past six there is also a lunch served, for in some cases it is better to take a little something in the evening.



7. What foods should one eat who is engaged wholly in sedentary work, and who has little time for exercise?

It is very injurious for the system not to have proper exercise, because exercise has much to do in regulating

nutrition. But where one can not get exercise, it is advisable to eat the foods that have been predigested as far as possible. Eating largely of fruits and dextrinized grains would be advisable.



## Relation of Flies to Dissemination of Disease

A GLANCE at the fly, even without the aid of the microscope, reveals immediately his wonderful capacity for conveying germs and putrescent material from infected to non-infected sources. The feet, legs, body, and proboscis are admirably adapted for this evil work. The well-known filthy habits of flies, the rapid movement of which they are capable, the extreme difficulty of excluding them from access to food, patients, dwellings, and hospitals, all combine to make them objects of dread to any who spend any thought on the matter. The fly may speedily transfer himself from a hearty meal upon typhoid dejecta, or a gangrenous or suppurating wound, or decaying offal, and, with the remains of his repast in abundant evidence all over his body, alight upon your butter, or fall into your coffee. Not only is their capacity for carrying germs and filth by mere contact interesting, but the problem as to whether or not their dejecta may carry and store infectious germs is a vital point for consideration. It has been found that flies feeding upon certain germs may carry them in the digestive apparatus many days and then void them in the stool, not only unchanged, but in an excellent media for preservation, a fount of dissemination; thus is developed another source of danger.

Sawtchenko has conducted some conclusive experiments with flies as conservators and disseminators of the cholera germ. The flies were confined and fed only on pure cultures of the cholera spirillum. Two varieties of flies were used. The bacilli were found in the bowels and excreta four days after ingestion; and, removed on the third day and injected into guinea-pigs, were found to be as active as the pure cultures themselves. Identical results were obtained with flies fed only upon the dejecta of human cholera patients. The experiments indicated that the germ multiplied within the fly, which thus acts as an incubator and distributing agent at the same time. A fly captured in the dissecting-room during the great cholera epidemic in Hamberg, in 1892, when examined by Simmons, yielded abundant cholera bacilli. Experiments were then conducted to ascertain how long the poison could retain its toxicity when adherent to flying insects, and results proved that it was virulent for *at least an hour and a half after being dried*. Uffelmann, in 1892, allowed a cholera infected fly to drink once from a vessel of sterile milk; the milk was then shaken and kept at a temperature of 70° Fahr. for sixteen hours, when each drop was found to contain about 100 bacilli. Yersin, in 1894, noting the



prevalence of dead flies about the autopsy tables of subjects dead of plague, crushed a fly and inoculated a guinea-pig with it, and obtained the typical disease in forty-eight hours. Later, the bacilli were found in the intestines of a living fly, and Nuttall proved that not only do they carry the disease, but that in their bodies the germs multiply, and that in time the fly himself dies with the disease, and leaves his body as a still further source of infection.

Plague and cholera are merely taken as instances of the possibilities of which the fly is capable. It is well known that many other germs are much more resistant to drying, heat, cold, exposure, digestion, and destruction by any agent than are those of cholera or plague.

Flies are plentiful in every section of the world, and are hence a greater source of aggregate danger than the rarer diseases cited. The eggs of the common house fly are often found in the alimentary tract of mankind, and have been demonstrated in his freshly-voided stool, and in the vomit; these, too, are probably a further source of infection.

Cholera, taken as a type, merely indicates the almost limitless field of the evil influence of which the fly is capable. Not only does the pest carry and harbor living germs, but it is also a carrier of eggs of other pests, such as tapeworm, *tricocephalus dispar*, the common round bowel worm, and other parasites; and he carries and distributes with equal facility and impartiality the parasites responsible for malaria, filariasis, yellow fever, etc.

Even the lay reader who thinks a moment upon this matter must become impressed with the momentous

responsibility he incurs when he tolerates the presence of the fly about his person or dwelling. How much greater the responsibility of the physician who either does not know enough to warn the ignorant of this danger, or who is careless enough to neglect doing so! And not only should the moral responsibility be considered, but also the actual and proven danger be always remembered.

The list of diseases which the fly is now known to transmit with facility, and perhaps to nurture into still greater virulence in transit, is a long one; and further investigation will probably add to the number of diseases. The following are already proven:—

Anthrax, or lump jaw, from cattle to man and *vice versa*, or from man to man.

Cholera, from animal to man, or man to animal, or man to man.

Consumption, from man to man, or from animal to man, or *vice versa*.

Diphtheria, from man to man.

Filiariasis, from man to man, animal to man, and *vice versa*.

Gastro-intestinal diseases of various kinds, from man to man.

Malaria, from man to man, or from decaying vegetable matter to man.

Ocular affections of many kinds, from man to man.

Plague, from man to man, or animal to man, and *vice versa*.

Typhoid fever, from man to man, or from putrid material to man.

Various intestinal parasites, from man to man, or animal to man.

Wound infection, including suppuration, and probably gangrene and tetanus (lock-jaw).

Yellow fever, man to man.

This by no means completes the list,



but is sufficient warrant for our admonition. We merely hint as to the possibilities of the transmission of gonorrhea, syphilis, skin diseases, cancer, smallpox, etc. We hope that our readers will see the importance of keeping flies away from their pa-

tients and their patients' food, and their patients' wounds; and that even the busiest doctor may find time to do some brief and effective missionary work toward protecting human kind from the noxious pest.—*Medical World*.



## Common Sense

THE growth and application of common-sense ideas and principles make the outlook in medicine, religion, and politics very encouraging. People are tiring of the dominion of fads and superstitions. Practical, progressive methods are more and more in demand.

As physicians, we wish we could see this common-sense view of things extended to the matter of dress. We still see our womankind practically crippled by the necessity of carrying the tail of her dress in one hand, no pockets to hold the several small articles she needs to carry with her, and bearing about on her head several pounds' weight of birds, feathers, flowers, adorning a heavy structure of velvet, felt, or straw.

High, tight neckwear is also unhygienic for both men and women.

Women start out in life handicapped by their absurd adherence to social traditions and slavish acceptance of fashion's demands. It is folly to say that a woman can not be independent and exercise her own individual preferences and ideas in this matter of dress, as well as in other social problems. Only let her refrain from being frivolous, ill-natured, or evilly-disposed, and she is safe.

No dress reform heretofore projected has met with much success, partly be-

cause it went to the extreme of ugliness. Nor is such a sacrifice of beauty desirable or necessary. Health, comfort, propriety,—all can be secured by common-sense adaptation of means to end.

Let there be a sound reason for the shaping, fit, and wear of each garment. Let there be a due consideration, not only of appearances, but of results, in the matter of comfort and health. Let madam reflect that the heavy hat is a source of headaches and a diseased scalp; that grace and freedom in walking are impossible in long skirts; that the long, straight-front corset confines the action of her lungs, and that free lung expansion is the principal measure of vitality.

Standards of beauty are not fixtures. The Hottentot admires a very black, fat, and shapeless woman. We can alter our standards, which, after all, are based on custom. The form and uses of the human body we meddle with at our peril.—*Medical Brief*.



## Disappointments

THE influence of repeated disappointments is a strong factor in producing disease. Especially is this true as age advances.

A person suffering from disappoint-



ment is devitalized. He breathes slower and less deeply. His heart is less vigorous in action. The fluids of the body acquire toxic properties. The currents which normally send them rushing toward the sources of elimination are diverted, and these envenomed fluids flow back upon the vital organs to poison the springs of life. Many obscure maladies and nutritive disturbances are due to the impressions made upon us by disappointments.

Life has many disappointments for all of us. We can not avoid them, but we can, to a certain extent, change their nature and prevent their pernicious effects by insulating the spirit. A determination not to suffer, not to be downcast or discouraged, to forget and look forward, is often quite successful in jugulating a disappointment.

Water, which would wet us to the skin and chill the marrow in our bones, slides off the duck's back without making any impression.

Too much moral or spiritual sensitiveness shows a lack of health, or wholeness, just as tenderness on handling and a readiness to bruise suggest physical disease.

The blood is more sensitive to the action of the mind than any other tissue, and the blood is the life.

It has long been known that to be bored was bad for the health just as pleasurable excitement is good. The bored man is disappointed, his mind is deprived of its normal, healthy stimulus.

Disappointments in love, business, friendship, thwarted ambition, unsuccessful efforts of every kind, should be met with positive auto-suggestions, which will counteract their bad effects.—*Medical Brief.*

[The best antidote for disappointment and other unpleasant and damaging mental states is a genuine Christian experience.—ED.]



### A Good Thing

"I am sorry, doctor, you were not able to attend the church supper last night. It would have done you good to have been there."

"It has already done me good, madam. I have just prescribed for three of the participants."—*Tid Bits.*



*Young wife*—I received to-day a beautiful diploma from the cooking-school—on parchment—and I've celebrated it by making you this dish. Now guess what it is.

*Young Husband* (chewing on his burnt omelet)—The diploma?—*The Caterer.*



HEALTH must be earned; it can seldom be bought.



### A Cure for Warts

WE have found nothing more generally useful than the repeated application of the end of a bit of wood (*e. g.*, a match) moistened with acid nitrate of mercury, care being taken only to touch the top of the wart, and not to let the fluid run to the sound tissue. The wart gradually shrivels and finally falls off.—*New York Medical and Surgical Journal.*





### A Woman's Prayer

Nor mine to sing life's greatest songs, but,  
Father, may I be  
In good attune if Thy dear hand should  
wake by minstrelsy  
To little songs of common things, which  
wise hearts know are best,  
To lullabies of babyhood, or love songs of  
the nest.

Just as a child who knows not how to form  
her letter yet  
Looks up from her long striving, perchance  
with eyes grown wet,  
And lets the teacher hold her hand to write  
where she could not—  
So, Father, dear, I look to Thee; define and  
shape my lot.

—Alice Cary.



## Woman's Realm

By Mrs. M. C. Wilcox

WOMAN'S realm is the dominion over which she extends authority, the jurisdiction of her power and influence—her kingdom.

The refined and educated woman is quite satisfied to work within her own realm. It is broad enough and extensive enough to afford her ample room for expansion, and, indeed, it lies within her own power to extend her dominion indefinitely.

Woman may increase or diminish her influence according to her own will. To illustrate this: To every human being is given the power of choice. We may choose as soon as we are old enough to know right from wrong, to do the thing that is right. We may choose to become acquainted with the Author of all right-doing, and to follow His example in interesting ourselves, unselfishly, to uplift a poor, fallen humanity, which, if done,

will make us philanthropic in its truest sense.

Every pure, noble, and holy prompting comes from this same divine source, whether acknowledged or not. But to choose to ally ourselves with this great divine power is ours to exercise, and, if chosen, places us where we have infinite resource from which to draw. Thus we have power to extend our influence indefinitely.

The possibilities of woman's usefulness in almost any line of work she may choose are great, but there is no one line of work in all the world for which she is more beautifully adapted than that of the home, and, unmistakably, this is her heaven-appointed work. The cries arising in all lands, from all classes, in all ages, are for homes,—bright, sunny, cheerful, well-ordered homes,—and especially is this true in this twentieth century. As



the age degenerates and disease increases, rendering mankind less able to bear the hardships of the homeless life, homes are in greater demand.

The women who are anxious to display their works of philanthropy have here a field to which they will be welcomed with outstretched arms, and which God grant they may study

purely from the standpoint of love to man.

It is the purpose of this department to present to the public in the future some of the needs of this important field, and some of the ways by which help may be supplied, in a manner which will, we trust, appeal to the heart and mind of all true women.



## Influence of the Mother

It is said that the men of the nation are what their mothers make them, as a rule. The home takes its cue and hue from her, and if a woman is, in its best sense, womanly,—if she is true, loving, courageous, patient, wise, and tender,—she, consciously and unconsciously, organizes and puts in operation a set of influences that do more to mould the destiny of nations than any man, uncrowned, with exceptional powers as a leader and worker, can possibly hope to effect. She it is to whom are given the unwritten tablets,—the impressionable minds of little, confiding children. To her it is given to write the first lessons, to awaken the first ideas. She colors them indelibly with her own. If she keeps herself always an ideal to her children, as a wise and loving mother may, her influences follow them, even when they are merged into manhood and womanhood, even when they are swallowed up in the whirlpool of active life, and her teachings are never forgotten; the ideals she has held up before their childish eyes are vested with a sacredness of which nothing can despoil them. The voice with which men speak, in the expression of power, is the voice of the mother who bore them.

There is nothing more potent than this. There is no possible way in which women can so surely extend and tensify their influences and power, or make them felt in so great a measure upon the moral and social questions of the day, as by carefully and wisely rearing honorable, close-thinking, broad-minded sons and daughters. This is the highest duty—the greatest distinction conferred upon any one in this world, and woman alone was deemed worthy of the work, when God set her in the home as its queen.

For this work, then, she must prepare herself by enlarging every virtue, eliminating every vice. She can not hope to wear the vestments of high priestess over a vicious heart or a besotted mind. She must learn to rise above the "taking of endless thought for the ignoble morrow," to hold herself above vulgar interests and mean details. She must rise above neighborhood gossip and petty meannesses, and by holding up to her own eyes grander and purer ideals, she will come to see that the life is more than meat, and the body greater than raiment.—*Commoner*.



ONE smoker contracts diphtheria to three non-smokers.



### The Child Shall Lead Them

ONE morning my little boy, two and a half years old, committed a serious offense. I did not punish him, but called him aside, and talked with him in a kindly but firm manner, impressing him with the fact that if the act were repeated he would have to be severely punished. Several days or a week passed, when he was guilty of the same thing, and I knew I must be true to my word.

Whipping is the last mode of punishment I resort to, but in this instance I was convinced that nothing else would have the desired effect. He in no way resented my action, but was completely crushed, and my heart's love and sympathy went out to him until my own eyes filled with tears. He then looked up at me most repentantly, and, taking my face between his chubby little hands, repeated, between his sobs, "It's all right, mother; it's all right, mother."

That was a precious moment for me, and the question came, Are we parents always so ready to admit the justice of chastisement when the Father sees that it is best for us? That very morning I had read, "Whom the Lord loveth He chasteneth," and I can partially understand how grieved He is when He must punish one of His children, who is infinitely more dear to Him than are our earthly children to us. Are we always ready to say, "It's all right, Father"?

What lessons our little ones are constantly teaching us!—*An American Mother.*

THE

### To Secure Home Happiness

Good housekeeping has far more to do with domestic happiness than most

people dream of, and it is a melancholy fact that love is often killed by bad cooking. Without good housekeeping even the most romantic devotion will often fade and die, and, therefore, it behooves every woman, and all maidens especially, to make a study of housewifery before they take upon themselves the duties pertaining to the mistress of a household.

Nowdays, more than ever before, perhaps, women need to remember that their best and most beautiful work is to be done in their own homes.

The man who marries a woman merely because he wants a lady to sit at the head of his table, and to look after his house, does not deserve to be happy; but it is not of such cases that I am thinking. In my mind I see rather those married lovers who, perhaps by slow degrees, but none the less surely, become alienated because of the friction caused by the wife's failure to govern her household rightly.

A wife should not degenerate into a superior sort of maid-of-all-work—no; but at the same time she should not despise the social, moral, and spiritual influence that she may exercise by ruling her household wisely.

No matter what a girl's scholastic attainments may be, her education is incomplete if she has not a practical knowledge of every branch of household work. Equipped with this, and adding to it a large amount of tact and sympathy, she may possibly become such an ideal mistress that she may escape the servant worries that are the trials of so many of her friends. Even if the mistress of the house be never required to dust, cook, or mend, she ought to know how everything should be done, that she may be able



to direct her helpers; for she will never command their respect as an employer if they think that she does not know good work from bad.—*Mrs. M. H. Tuxford.*



### Looking Out for Mother

ONE matter which all young girls should consider, which is perhaps almost hackneyed and yet never unnecessary, is the question of reverence,—all that is implied by the injunction to honor our parents. To honor them is not only to obey them; it goes farther and deeper than mere obedience.

You can not possibly understand the love that your mother bears you; it is a law of nature that you should not understand. It is like no other love; peculiarly interwoven with every fiber of her being, not to be comprehended by any daughter of you all until the day when you perhaps hold your own children in your arms. You must take it on trust. But remember that this love of hers makes her acutely conscious of every touch of hardness and coldness in your voice; she misses the kiss that you are in too great a hurry to bestow; she winces at the argumentative voice with which you labor to get your own way; she dreads unspeakably to lose your affection and respect. Do not begrudge the tender word, the long caress, even if you feel a little impatient of it all the while. You will long for it with a heartsick longing when it can never be yours again. And remember that hardness is one of the faults of youth; you should strive against it as much as you strive against your faults of bad temper, or inaccuracy, or sloth. Be hard on yourself if you like; that

will not hurt you. But you may regret it all your life that you have been hard on anybody else.—*Watchman.*



IF you have a sore throat, or a sore mouth, or a bad cold, or a chronic catarrh, don't kiss a healthy, innocent one on its mouth, and thereby incur the risk of communicating to it a disease which may terminate its life. The fashion of passing a baby around to be kissed by any one who may take a fancy to do so is always foolish and sometimes fatal. Strangers should not be allowed to kiss the little ones. Most loathsome diseases are sometimes communicated in this way.



I ALWAYS like to see a girl and her father good friends, and by that I mean chummy, advisory friends, who can talk like equals about anything that comes up, in the family life or out of it. Such a girl is likely to be level-headed. She is apt to make up her mind more slowly, and to keep it made up when she has once done so, after she has observed the cautious and judicial way in which her father's mind sets to work.—*Ladies' Home Journal.*

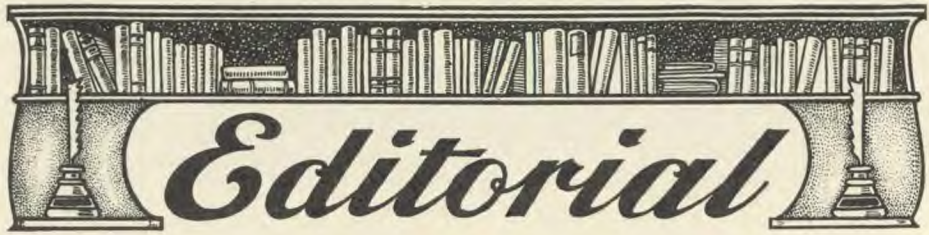


A GIRL is all right until she gets womanish, and a woman is all right until she gets girlish.



IN Europe smoking is growing so rapidly in favor among the fair sex that on some of the Belgian railroads smoking compartments are to be provided exclusively for women.





## The Use of Sugar as Food

THE consumption of sugar is, as a rule, in proportion to the wealth of the people; so that, in the language of Mary Hinman Abel: "It may also be said that people eat as much sugar as they can get."

There seems to be an inborn taste for sweets, almost universal in the human race, and quite prevalent among the lower animals. It is not an acquired taste, for the child likes sugar or candy the first time it tastes it. A question may arise as to whether the taste for sugar is abnormal, the result of generations of wrong training, or whether it indicates a real need of the system. To answer this question it may be best to ask and answer a number of others.

1. Is sugar a food?
2. Is it in an easily digestible form?
3. Does it produce in the system any known injurious effects?

1. Sugar is a food, and is *all* food; at least it comes nearer to being one hundred per cent nutrition than any of the other foods.

Other foods range in nutritive value from about three to twenty-five per cent in green vegetables and fruits; from twenty-five to forty per cent in meats; from seventy-five to eighty-five per cent in grains. But in all these foods part of the "nutritive matter" is in a condition which can not be utilized by the system. Not so with

sugar. It is practically all nutrition, and can all be utilized by the body. But while sugar is *all* food, it is not a perfect food. That is, it does not contain all the elements of nutrition. While it is sometimes converted into fat, it can not in any way be turned into brain, muscle, or other tissues, as it contains no nitrogen. At best it can only be used in connection with other foods; but as a source of energy in case of emergency, it probably has no equal. The German and the English governments have recognized this, and supplied their soldiers with sugar during hard marches, with evident advantage. Many experiments and observations indicate that sugar is a rapidly available source of energy during hard or protracted work. It is in no sense a stimulant, but by quick absorption it almost immediately takes the place of the used-up stores in the muscles.

2. As to the digestibility of sugar, two-thirds to three-fourths of the human dietary should consist of heat and force-producing foods—chemically known as carbohydrates. This is largely taken in the form of starch, which, before it can be utilized by the body, must go through a series of transformations. First, as a result of cooking, the shell is broken, transforming it into soluble starch. Then the starch, by salivary action, is con-



verted into dextrin, of which there are a number of forms through which the food passes. Finally it is converted to maltose, or malt-sugar. This is as far as starch digestion proceeds in the stomach. In fact, part leaves the stomach in the form of dextrum, or starch. In the intestine the process is continued by the action of the intestinal juices, and the maltose is further converted into dextrose, or grape-sugar, the form in which it finally enters the blood current. One eating ripe grapes or drinking unfermented grape juice gets the dextrose ready for absorption without any digestive work being necessary.

Cane-sugar is not acted upon in the stomach; but in the intestines it is converted directly into "grape-sugar" (dextrose), and "fruit-sugar" (levulose), and so is ready for absorption. Compared with the starch derivatives, cane-sugar stands about on a par with maltose. As to digestibility, in answer to the claim sometimes made that cane-sugar is not adapted to human consumption, attention may be called to the fact that there is a ferment secreted in the intestines whose sole purpose seems to be to convert cane-sugar into dextrose and levulose.

The process of converting cane into grape and fruit-sugar, known as "inversion," may be accomplished artificially. Cooks have noted that in canning fruit, if sugar be cooked with the fruit, more is required than if it is added after cooking. The reason is that heat in the presence of acid converts the cane-sugar into fruit and grape-sugar, which are not so sweet as cane-sugar, but which have fully as high a nutritive value, and are ready for immediate absorption. So far as the food value is concerned,

it is no disadvantage. And as to the extravagance of adding more sugar, it will be seen that it is an actual economy when it is understood that, considering the actual food value, sugar at six cents per pound is as cheap as grapes at one and one-fifth cents per pound, prunes at one cent per pound, apricots and apples at three-fourths cent per pound, and berries at three-fifths cent per pound.

3. Does cane-sugar produce in the system any known injurious effects?—When used in large quantities it certainly does, for physicians have repeatedly noted its effect in deranging the liver; probably because, being so readily absorbed, it is passed into the blood faster than the liver can store it up, and hence it has to be rapidly excreted and burned up in order to get rid of it. In the stomach, in concentrated form, it acts as an irritant, slowing gastric digestion. No doubt the best way to use sugar is in the diluted form, as found in nature.

In the concentrated form its use should be limited to small quantities, and never as a spur to a fagged appetite. Such a course is suicidal. Honey, when it can be obtained unadulterated, is an excellent form of sweet, being a solution in water of grape-sugar and fruit-sugar in about equal proportions, with a very small amount of cane-sugar, and some aromatic substances from the flowers which give it its flavor. When eaten in quantity it is apt to cause irritation of the throat and stomach.

Another form of sugar which is largely manufactured is glucose, made by heating starch in the presence of an acid. Being very cheap, it is much used as an adulterant for natural sugars, so is a fraud. *If properly*



*made*, there is no evidence that it is harmful in small amounts; but the same love for gain which causes the manufacturers to pass it off as "pure honey" or as "pure maple syrup" stands in the way of their using any great care to have their products properly made and free from injurious substances. The "sugar house drips," "crystal drips," and other white syrups found on the market, are largely glucose. If one wants a pure syrup, the best and cheapest way to obtain it is to make it from granulated sugar.

Maple-sugar is identical with cane-sugar except that it contains certain impurities—not especially injurious—to which it owes its agreeable taste. A maple-syrup, far better than anything likely to be bought in the market, can be made by making an infusion of hickory bark, and, after clarifying, dissolve cane-sugar in it, while hot, to the required consistency. Maple-syrup and honey, if used, should be purchased from original sources, in order that they may be known to be pure.

Another form of sugar which is destined to grow in favor is malt-sugar. While it possesses less sweetening power than cane-sugar, it has a range of usefulness which can not be filled by any other sugar. One point against this sugar is that it can not be sterilized without destroying its peculiar enzyme, upon which much of its value depends. The cheaper grades of malt-syrup are exceedingly rich in germ life, and hence contaminate all foods made from them. The higher grades, made with more care, may be more free from germ life, but the price is prohibitive for people of moderate means. Notwithstanding

these disadvantages, there is no doubt that malt-sugar, properly made, ranks high as a food for those whose digestion of starch is feeble, not only because it furnishes starch in a more perfectly digested form, but because it contains a ferment practically identical with that of saliva, which helps to digest the other starch in the food. In small quantity the better grades of malt-syrups and malted foods possess decided advantages as aids to digestion, being superior to some of the diastatic malt preparations, prepared by leading drug houses, and sold as high as \$1.00 a bottle. Samples from leading drug houses in Michigan and Ohio, which claim high digestive power for starch, were found by the writer to be almost inert.



### Diagnosis of Incipient Tuberculosis

H. EDWIN LEWIS, M. D., in a paper read before the annual meeting of the Vermont State Medical Society, calls attention to some of the more important points in the early diagnosis of tuberculosis. Discarding as of no value the usual custom of taking morning and evening temperature in suspected cases, he makes a practise of loaning to intelligent patients a clinical thermometer, with direction to observe their temperature at intervals of two hours, from 7 A. M. to 10 P. M., for the period of a week. In this way he often finds a rise of temperature at an hour which would not be detected by the ordinary method, accompanied, perhaps, at some other by a subnormal temperature.

A rise of temperature of a degree or more daily, or every other day, when



there is no other cause to explain it, is strongly suggestive of tuberculosis, especially if the patient is not well nourished.

Next to temperature the pulse is a valuable symptom, as in most cases of beginning tuberculosis the pulse-rate is increased to ninety a minute, or more.

Another significant symptom is a slight cough, unnoticed, it may be, by the patient. Often this is unaccompanied by expectoration.

The doctor mentions two other symptoms frequently seen in the early stages of the disease. The pupil is sometimes dilated, especially after excitement or exhaustion, in a marked manner.

The other symptom is a tendency to hoarseness without apparent cause, ranging from slight huskiness to complete loss of voice.

#### TREATMENT.

It is in the early stage of the disease, where the symptoms are not alarming and where patient and friends are inclined to think nothing much is the matter, that the disease can be combated with most assurance of success. When the lungs have begun to break down, and everybody recognizes that the patient is failing,—when those most interested begin to realize that something must be done,—it is probably too late to do much.

It is of the utmost importance, then, that the comparatively trivial but very significant symptoms of beginning tuberculosis be recognized and the proper curative measures taken. Were this course followed with all new cases, the ravages of the disease would soon be reduced to a minimum.

As curative measures, the doctor recommends, first, fresh air. Every

patient should spend at least ten hours in the open air, which should be fairly dry. The temperature is not a matter of importance, provided the changes are not too sudden. But sunshine, because of its purifying effect on the air and its stimulating influence on all vital functions, is a matter of great importance.

The question of rest or exercise is a debatable one. As a rule rest is advised where fever is present, with other symptoms of extension of the disease. "But when neither the fever nor other symptoms point to an acute progressive process, and the vitality of the patient is not noticeably low, a certain amount of moderate exercise in the open air may prove beneficial." He recommends as especially valuable systematic breathing exercises, calculated to increase lung capacity. Where the lung expansion can be increased from three and one-half inches to six inches or more, the benefits are usually lasting.

The proper feeding of a tubercular patient is one that requires good judgment. The doctor very properly says that the problem is not how much food we can get a patient to take, but how much we can get his body to digest and appropriate. A moderate amount, properly assimilated, is far more beneficial than an amount so large as to overtax the vital forces.

In concluding, the doctor, while speaking hopefully of the prospects of all cases of beginning tuberculosis when properly treated, says that permanent recovery can only be purchased at the price of from one to five years' patient perseverance and discretion on the part of the patient, and a like period of vigilance on the part of his medical adviser.



DR. STEPHEN MACKENZIE, in the annual oration before the Medical Society of London, calls attention to the fact, too often forgotten, that the powers of natural resistance play a most important part in the question of whether an individual shall become a victim of tuberculosis or other germ disease. The germ is important, but the condition of the body is no less important. He refers, as proof, to the fact that only a small proportion of those exposed to tubercular infection become victims to the disease. The astonishing statement is made that in from three to nine out of every ten dead persons, inactive tubercular spots will be found, evidence that the germs made a start, but that the resistant powers of the tissues have prevented their further development.

Some people inherit a more marked tendency to tuberculosis than others. Consumption does not run in the family, but the predisposition does. Those who have lessened their physical powers by alcoholic indulgence are much more subject to the disease than abstainers.



A WOMAN having eczema applied soap to the affected spots, the result being that the flesh became gangrenous in spots. By way of experiment the soap was tried on other persons, without effect. Believing the soap acted through scratches made by the first patient, the doctor next applied the soap to a point on his arm where he had scratched himself, the result being that the tissues died at the points scratched. From this we may learn that there is some danger arising from using the cheaper grades of soap over cut surfaces.

A PHYSICIAN of Atlanta has an ingenious explanation for the cause of freckles. He claims to have noticed that in persons whose faces freckle, the perspiration gathers in beads, of such a shape that the sun's rays are concentrated in small spots and tan the skin. This produces a sunken place, where a little more perspiration gathers next time, and the tanned spot becomes darker and larger. This, if true, would explain why it is that sunlight causes freckles, and why it appears in small, rounded spots. The best preventive, then, would be frequent wiping of the face while perspiring.



THE *Journal of the American Medical Association* relates an instance of a man of sixty who "had suffered for fifteen years from recurring abscesses, with severe nervous cutaneous pruritus, urticaria, etc." He finally adopted a vegetable diet, and since then he has been free from furunculosis (boils) and other skin affections which had proved rebellious under all other methods of treatment. To those who have made a careful study of the relative merits of a non-meat diet and a "mixed diet," this report will not be a matter of surprise. There is no question that those who eat meat eat disease, and it is not surprising that it occasionally manifests itself in skin eruptions.



ONE physician suggests, in a Russian periodical, that scholars should be seated in the schoolroom according to their visual powers; and whenever one finds difficulty in reading what is written on the blackboard, his seat should be changed.



## Suggestions for the Kitchen

### Delicious Fruit Desserts

THE Armenian restaurants serve between courses a preparation that is particularly refreshing and might with advantage be added to American bills of fare. Prunes, figs, and dates, of the finest brands, are rinsed thoroughly and are then soaked in a quantity of cold water until they regain their original plumpness. The water is then turned off and saved, and boiling water, enough to cover the fruit, is poured over it. This is allowed to stand on the fruit until it is cold, when the water in which it was soaked and the juice of a lemon, and sometimes that of an orange, is added, and the mixture is sweetened. It is then poured over cracked ice and served. The fruit juice is especially delicious, but the fruit will be also liked. We might omit the ice.—*Health Culture.*

**Baked Apples.**—Peel and core; place in a deep dish. Fill the centers with sugar. Let them bake until you can pass a straw through them easily. Whip the whites of two eggs with one cup of white sugar, add four drops of extract of almond or twelve of lemon. Pour this meringue over the apples, return to the oven until it sets, or turns white. Put dabs of apple jelly over all artistically, and it will tempt the most languid appetite and is harmless for invalids.

**Parsnip Balls.**—Boil in salted water till very tender enough parsnips to serve the family. When done, mash well with a fork; season with salt. Add two well-beaten eggs and a little

flour. Form into small balls, and bake in a quick oven, on an oiled tin. Turn so that they will be well browned on both sides.

**Celery Toast.**—Cut crisp white portions of celery into inch pieces, simmer twenty minutes, or until tender, in very little water; add salt and one cup of rich milk. Heat to boiling, and thicken with a little flour rubbed smooth in a small quantity of water. Serve hot over slices of zwieback previously moistened.

**Date Sandwiches.**—Spread thin slices of brown bread with nut butter, then with chopped dates mixed with walnut kernels, which have been crushed with a rolling-pin. Place the two slices together and serve.

**Poached Eggs on Granose Biscuit.**—Break two fresh eggs in boiling-hot water for about two minutes, then remove eggs from water, and place one on each half of the granose biscuit. Prepare granose biscuit by splitting and browning in the oven. Be sure to put eggs on biscuit while both are hot. Can be served at any meal.

### Boiled Rice Pudding

WITHOUT eggs or spices.—Boil one cup of rice in salted water, when all done drain off the water, add one-half cup sugar, one-half cup milk, one-half cup raisins, one teaspoonful of vanilla extract, and stir up well; let it come to a boil; when the milk is all soaked up, turn out and put into a bowl or mould; eat with milk.—*Boston Globe.*



# PACIFIC HEALTH JOURNAL

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Family Hygiene and Home Comfort

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No. 6.

WE are pleased to inform our readers that we have arranged with a number of excellent writers to furnish articles for the JOURNAL, which we are sure will be much appreciated by all. The following are some of the subjects which will be discussed:—

DR. BRIGHOUSE will continue her articles on the "Care of the Infant."

DR. T. J. EVANS will give a series of articles on "Communicable Diseases and Their Prevention." What should we do when smallpox, measles, scarlet fever, diphtheria, and other contagious diseases are in the neighborhood or in the house? When may a person who has had one of these diseases be considered free from liability to transmit the disease? What may we do to help lessen the ravages of consumption, or to stamp out malarial fever? These and many other important questions will be answered in this series.

DR. A. B. WINEGAR-SIMPSON will furnish a number of papers on "Home Treatment of Common Ailments." The suggestions in any one of these articles may be of more value to the readers of the JOURNAL than many times the price of a year's subscription.

DR. MARGARET EVANS will consider, in a series of papers, "Hygiene of the Home," giving valuable suggestions regarding location, buildings, heating, ventilation, lighting, plumbing, and other points of interest and value to housekeepers.

J. R. LEADSWORTH, B. S., M. D., will give notes of the progress made in medicine, hygiene, and the allied sciences.

MRS. A. C. BAINBRIDGE, who has already contributed considerable matter to the JOURNAL, will consider "Physical Culture in the Daily Occupation."

OTHER TOPICS which we expect to treat are: "Personal Hygiene," giving many helping suggestions as to how the health may be conserved and improved. "Studies in Dietetics," including Nature and Composition of Foods, Digestibility of Foods, Combinations of Foods, Dietetic Fads, Diet in Disease. "Skilled Hands," or what may be accomplished by massage. "Progress in the Medical Sciences," written for unprofessional readers. "Appendicitis," its prevalence, causes, and prevention. "Gout," its causes and prevention.

QUESTION BOX—Answers to questions in the "Sanitarium Question Box," also answers to correspondents, by Dr. T. J. Evans.



# *In the Realm of the Supernatural*

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THAT WHICH BORDERS ON THE SUPERNATURAL  
IS DEMANDING THE ATTENTION OF A  
LARGE NUMBER OF PEOPLE TO-DAY

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## *The Signs of the Times*

is telling the truth about the various manifestations of such power. It is securing writers who have made a special study of this subject, and their articles are attracting widespread attention. Many letters are being received by its editors asking them to publish in permanent form various articles which have recently appeared, "for," they say, "the world needs the truth on these questions just now."

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