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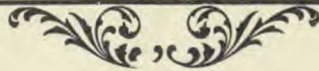
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To tire thee of it, enter this wild wood*

*And view the haunts of Nature. The calm shade
Shall bring a kindred calm, and the sweet breeze
That makes the green leaves dance, shall waft a balm
To thy sick heart.*

Bryant—Inscription for the Entrance to a Wood



The Prevention of Communicable Diseases

By T. J. Evans, M. D.

[Supt. of St. Helena Sanitarium.]

(Continued.)

TUBERCULOSIS.

THE most important branch of medicine lies in the prevention of disease. Every effort possible should be made to cut off the inroads of infection. When once the infection gets into the system, it is a very difficult task to get it out again. As soon as it is known that an individual has consumption, every precaution should be taken to keep him from spreading the germs. He is now a living incubator, throwing out millions of those little germs that do so much mischief when once they gain access to the human system. The health officer should be notified that there is consumption present, so that he can assist you in caring for the excreta of the body.

In pulmonary tuberculosis the sputum is the most dangerous of all of the excreta of the body. None of it should be expectorated on the floor, ground, or around anything that can not be thoroughly cleaned or burned.

Two young girls in the prime of life, with tuberculosis, came under my observation. They each, successively,

had been caring for an old lady who had a slow form of consumption of the lungs. She would expectorate on the floor, and it was their duty to sweep the room she occupied. When the health of the first girl gave out, the second came in to take her place, and just as the danger signal was hung out, it was found that a third one was taking the place of the second. Had the sputum been properly cared for, it is probable that two young lives would have been saved from an untimely grave.

It is unsafe for one to expectorate around on the floor, street, or any place where the dust is likely to be inhaled. To avoid this some people expectorate in the handkerchief; but, unless the cloth is burned, it is a very dangerous thing to do. There is not much danger expectorating into a cuspidor if it is washed and cleansed every six hours with a strong antiseptic solution. One of the best ways of disposing of the sputum is by using a receptacle that can be thrown into the fire, and thus consumed. There is a little tin box on the market, made to receive empty paper boxes, which is

very convenient. The box has a lid and a paper receptacle, which can be taken out of the tin box and thrown into the furnace, and thus disposed of. This box can be carried in the handkerchief in such a way that it will not be noticed.

Another convenient receptacle for sputum is a paper cone made from ordinary newspaper. After the cone is made, turn the smaller end up about an inch and pin; then fold a smaller paper the same way, and slip into the larger cone-shaped receptacle, and you have something which serves the purpose, with but very little expense.

Formaldehyde is a very useful antiseptic for all receptacles that have been exposed to the tubercular secretion. One-per-cent solution would be sufficient to destroy the bacilli. The tubercular bacilli survive but a short time when exposed to the direct sun rays. Josset records some experiments in which he says that "dried sputum, after four hours' exposure to direct and to diffused sunlight, no longer infected guinea-pigs, though the same sputum without such exposure was capable of producing typical tuberculosis on inoculation. Another specimen of sputum, after an exposure of seven hours to diffused sunlight, produced only a localized tuberculous ulcer at the seat of inoculation, without any general infection, such as was produced by another portion of the same sputum which had not been exposed." The virulence of the tubercular germ is gone if the sputum is dried and exposed only one hour to the direct sunlight. The tubercular germ is much more contagious if inhaled in a fine spray than it is if inhaled from the dust. For this reason, one who coughs violently throws out

into the air particles of saliva, which may be inhaled by some susceptible person, with fatal results.

If one has contracted tuberculosis, it is much better for him to select a climate that is dry and sunny, and where he can be exposed to the sunshine and an abundance of fresh air, because in doing so he places himself in a position where he is much more likely to recover, and he does not expose his friends or family to the disease as he would were he to remain home with them. An individual suffering from tuberculosis should not be housed up in a close room, neither should the attendant be allowed to sleep or stay in the room occupied by one suffering from this disease. The clothing of the consumptive should be thoroughly cleansed and boiled. The handkerchiefs should be thoroughly boiled before handling, so that the bacilli will all be destroyed.

Great care should be exercised in selecting help for preparing foods for the market, as these germs can be very readily carried long distances in food. It is unsafe to allow a consumptive to work in factories where so many are housed up together.

All the germs in our food can be destroyed by thorough cooking. The germ is at once destroyed by steaming or boiling the water. If milk is brought almost to a boiling-point and left to stand ten minutes, the tubercular bacilli will all be destroyed, with perhaps the exception of those which may be in the scum on top. This does not get so much heat as the rest of the milk.

The room of a tubercular patient should be thoroughly disinfected at least every ten days, in order for the surroundings to be most favorable for

recovery. The fumes of sulphur and the vapor from a forty-per-cent solution of formaldehyde is sufficient to disinfect any room occupied by a consumptive. Before the room is disinfected, all the cracks and openings should be thoroughly sealed, so that none of the fumes can pass out; the doors and windows should all be closed.

Take a zinc wash-tub, with an inch or so of water in it; then take a pan of sulphur and place on a brick in

the tub. In the midst of the sulphur that is to be ignited should be placed a receptacle containing about eight ounces of forty-per-cent formaldehyde. The sulphur should then be ignited, and the room left closed for twenty-four hours.

By following this method, there is no danger of the fire sputtering and setting fire to anything that might be in the room. The zinc tub of water will catch all such particles that might be thrown out.



Problems in the Prevention of Disease

By Frederick M. Rossiter, M. D.

(Continued.)

ON the other hand, in incurable conditions and in cases in which the pathology is obscure, it may be that the best course is simply to ameliorate the severity of symptoms. But the physician who habitually contents himself with relieving present symptoms, without attempting to search out the cause and remove it, fails utterly in the great work of lessening the ills of humanity.

The writer believes that drugs have a useful place in medicine, and that much good can be done by their use when wisely combined and judiciously prescribed; but he is convinced that the extensive and almost exclusive use of drugs, as practised by many, tends to increase disease instead of curing it.

In childhood, when every tissue is as sensitive to every influence as a photographer's plate, the employment of drugs is to be discouraged. The use of drugs in early life lays the

foundation for premature decay and disease. Physicians give drugs to other people's children that they would never dream of administering to their own. One hopeful feature, however, that now presents itself in reference to drug medication is that, while many parents believe in having their own sicknesses treated by drugs, they do object to the dosage of their children. A large portion of the laity, because of ignorance and superstition, make a fetish of drugs. To swallow something is, in their minds, the only effective way to produce a cure. Of late the growing employment of placebos has mitigated to some extent the evil that would otherwise result from the use of strong medicines for such patients. When physicians widen their range of therapeutic applications, and properly instruct their patients, it will be only a matter of time when most of the present-day drug taking will be robbed of its charm, and the

laity will see that health consists largely in being in harmony with nature, and that a relief from their ailments usually follows a removal of the impediment to her work caused by wrong habits of living.

Unhygienic dress is responsible for many of the ills that to-day affect womankind. Following the latest fashions instead of the fashions of nature has added much to the woe of women. Lacing, over-tight clothing, tight bands about the waist, from which are supported numerous heavy skirts, are the cause of weak lungs, prolapsed stomach and bowels, floating kidney, and many pelvic disorders. Heavy skirts that would be a burden to most men are trailed through the dust by delicate women, wiping up the dust and sputa of the sidewalks, and gathering moisture from the ground, the grass, and the rain. This is a prolific cause of colds, catarrh, diseases of the pelvic organs, neuralgias, and other nervous disorders. To have to submit to the process of having a tailor-made suit fitted is a task that many women dread for weeks ahead because of the draft upon their already depleted store of vital force. Not only in dress, but in many social functions, fashion taxes without reason and collects without mercy. To dress becomingly, to dress for comfort, and in such a manner that every physiological function will be promoted, is a principle that should guide every woman, and that physicians should insist upon. Health comes before style.

The adoption of a more simple form of dress on the part of women, and the devoting of more time to outdoor recreation and sports, is the only hope of improving their physical condition

and rendering them less susceptible to disease.

The hereditary influence of cancer, tuberculosis, gout, rheumatism, and diabetes in producing a susceptibility to disease is too well known to be enlarged upon. But that one must of necessity succumb to the predisposition to these diseases in nowise follows. A stalk of wheat with its golden head of ripening grain is raised into the air by the power of life, bidding defiance to the law of gravity that says it must fall to the ground. The laws of life say to the consumptive, Obey me, and you can bid defiance to the law of heredity.

A consideration of the disease producing factors mentioned in these papers clearly shows that the storm center of disease lies within each individual. By breaking down the natural defenses of the body, he invites disease, and becomes a prey to the death-dealing forces at work in the world. The direct or exciting causes of disease can have but little influence upon or within the body when it is in a high state of resistance. The soil for disease-producing seed must first be prepared and made suitable before morbid changes can take place.

In the light of physiological and therapeutic research, it is evident that a very large proportion of the diseases now preying upon the race is preventable.

If civilized nations could be made to pause a moment in the mad rush for wealth, position, pleasure, and gratification of the animal senses, and give consideration to the causes of real happiness, the history that must be written of this race would be far different. But, alas! the hope is too great.

If man could be persuaded to adopt a more simple diet, to eat slowly and in moderation, to avoid the excesses of life, which are purely voluntary, to take abundance of sleep in well ventilated rooms, to exercise moderately, and to bathe frequently, to live in the sunshine, and to keep his dwelling sweet and pure, become an optimist and avoid worry, disease would be exceedingly rare in his life, and death would be as physiological as birth.

Before closing, I wish to mention the relation of the mental state to disease, as it is a preventive measure of no inconsiderable importance. The brain, being the great trophic center of the body, must greatly influence all bodily functions, and in turn there is reaction upon it by each organ. Mental vigor has a stimulating effect upon the body and increases the resistance to disease. Lack of self control greatly disturbs the physical equilibrium and lies at the root of many functional disorders. This is a prominent feature in hysteria, neurasthenia, and the various manifestations of hypochondriasis. The lack of self-control, together with a diseased imagination, provide a very rich pasture for the so-called Christian Scientist. This same class of patients also responds readily to suggestion. Fear and dread of disease are predisposing factors. A violated conscience leads many a patient to seek a physician for medical advice. If he is wise he will recognize the condition, and ought to be able to suggest the right remedy. Such a state of mind is not uncommon, and, if unrelieved, imaginary ills finally become actual.

From a purely physical standpoint, the statement of a very old writer that

“godliness with contentment is great gain” is true; it is also a potent factor in the perpetuation of health. Sunshine in the heart of man is as inimical to bodily depression as natural sunlight is to the life of disease-producing germs.

The individual's mental attitude toward himself has much to do with his state of health. Happiness, joy, love,—all the nobler qualities of the mind and all harmonious thinking build up the body and increase vitality. Every man and every woman who prizes health, and is ever seeking to maintain it on a higher plane, must of necessity become an optimist. Cleanliness of mind reacts powerfully upon the entire organism.

Introspection, the common habit of many who have deteriorated in health, the habit of attempting to analyze every feeling, of being ever on the alert for any new symptom, is absolutely disastrous to progress on the road of well being and physical happiness.

Those who cultivate this morbid habit view the world through smoked glasses. To many such, a rift in the clouds would be almost a disappointment.

Pessimism is malaria to mind and body. Worry and anxiety exhaust the nervous system and waste the nervous energy in a geometrical ratio. It is a well-recognized fact that anger poisons the secretions, and that fear chills the surface of the body and congests the internal organs.

A courageous, happy, confident spirit during great physical trials has done more than any other one therapeutic agency in promoting recovery from many a critical operation or illness.



Tiding the Baby over the Dangers of Summer

THE summer season is a trying time for the baby. The heat is a menace to its health, attacking it without and within at the same time, by causing decomposition in the baby's food, and increasing the elements of danger which are always present in milk; and, on the other hand, depressing the baby itself, and lowering its power to resist the various causes of disease in its food and environment. Consequently, stomach disorders, bowel derangements, summer diarrhea, cholera infantum, and kindred diseases, are much more frequent in summer and during hot spells than at other seasons.

In order to avoid illness of the baby during the summer, there must be, first, the care of the baby itself, and, second, the care of its food. Baby must be dressed for the weather. When it becomes excessively hot, the depressing effects of the heat can be largely avoided by allowing the baby freedom of its little body untrammelled by clothes. Take off its dress, skirts, shoes and stockings, and let it lie and kick to its heart's content on the bed or in some other safe place. If the child is old enough to run about, take off the undershirts, shoes and stockings, and let it run around in one thin garment, probably an apron, over its drawers and waist. Toward evening, as it grows cool, of course it must be adequately dressed, as after the de-

pressing effect of the heat it may take cold easily.

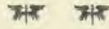
The vital power of the baby must be kept up. The depressing effect of the heat must be counteracted. A good bath, morning and evening, will promptly restore the vital powers of the child. But when the heat becomes oppressive, put a little water in the bath tub, undress the child, and put it in the tub, and let it play in the water as long as it likes. While it is there it does not feel the effect of the heat.

While the baby should receive sufficient food for its needs, it is very important that it should not be overfed, or fed too frequently, during the hot weather. When the baby is fretful and peevish, frequently it is water it wants rather than food. If an abundance of fresh, cool water be given the baby at frequent intervals, it will be found that the baby will not take so much food, and the danger of overfeeding is much lessened. The consequences of overfeeding during the hot season result from decomposition of the milk in the baby's stomach and intestines.

Quite as important as the care of the baby itself is the care of the baby's food. So long as the baby is using only its natural food from the mother, it is comparatively safe from danger due to contaminated and spoiled milk, though it may suffer from the direct effect of heat or from overfeeding.

But when the child is bottle-fed, or has begun to use other food than its mother's milk, its difficulties increase. It becomes liable to milk contamination, with all its results, and also the disorders of digestion due to other improper food which may be given to it. Obviate as far as possible this difficulty by caring for the milk properly from the time of milking. If we

depend on the milkman for the food supply, when the milk is brought to the house it should be immediately brought to a boil, then cooled off and put in a cool place. It is possible for most people to have an ice-chest, with a little ice, nowadays, and when the baby is dependent on an ordinary milk supply for its food, it is much safer to have such means of keeping the milk cool.



Bible Hygiene in the Light of Medical Progress

By W. S. Sadler

RECENT utterances of Lord Kelvin, which have been quite generally reproduced in the scientific and secular press, have directed considerable attention to the relation between science and the Bible. In the scientific world to-day the idea very generally obtains that the discoveries and teachings of modern science are diametrically opposed to the teachings of the Scriptures. Whether this is due to the errors yet contained in scientific teaching, or to ignorance of the Scriptures, we can not definitely say; but one thing is certain: that true knowledge of science and correct interpretation of the Bible are ever in harmony. So it is refreshing now and then to run across a bit of straightforward teaching such as that of Lord Kelvin.

My attention was recently called to another paper along this same line, by the eminent Dr. Gould, author of one of our best medical dictionaries, and a medical writer of note. In an article in the *Journal of American Medical Association*, for May 30, 1903, entitled "Medical Discoveries," among

other interesting things, he makes the following statements with reference to the Bible and modern medical discoveries:—

"E. T. Williams states that, so far as we know, Moses was the creator of preventive medicine, an idea thought to be peculiarly modern. From whatever source the fragments of his system may have been derived, the system was his own, and that of the Powers which guided him. The notion of promoting health by preventing sickness was the foundation-stone of the Jewish sanitary legislation. The prohibition against pork, considering the heat of the climate and its liability to be diseased, must be considered as a safe provision, especially in the light of present-day histology and trichinosis. The laws concerning 'issues' or discharges from the genital organs, both of men and women, display similar wisdom. The laws concerning leprosy were strict. Every suspect had to present himself to the priest. If the diagnosis was doubtful, he was shut up for a week or two, and then re-examined. Articles of clothing

worn by lepers had also to be submitted. If found diseased, they were burned. If doubtful, they were washed, and re-examined at the end of a week, when they were either burned or pronounced clean.

"When the walls of a house were attacked, the affected parts had to be torn down, and carried to a refuse heap outside the city. The remainder of the wall was thoroughly scraped, the scrapings themselves being carried out of the city and the broken places rebuilt with fresh materials. If these means proved insufficient, the whole house was demolished, and the debris removed from the town. Modern science may have discovered similar methods of disinfection, but certainly nothing more thorough or effective.

"Medicine, W. C. Bitting says, never was a science among the Hebrews. Before the Exodus, the hints of medicine are very scarce. For 430 years, however, the Hebrews were in bondage to the most enlightened people of the world. Herodotus (II, 84) says of the Egyptian physician: 'The medical practise was divided among them as follows: Each physician was for one kind of sickness and no more, and all places are crowded with physicians; for there are physicians for the eyes, physicians for the head, physicians for the teeth, physicians for the stomach, physicians for the internal diseases.' Obstetrics among the early Hebrews was left entirely to the midwives (Gen. 35:17). Ophthalmia, with resulting blindness, was not uncommon (Lev. 19:14; Deut. 27:18). Leprosy was known in all its forms (Lev. 14:3; 22:4; Num. 12:10, etc.). Apoplexy cut down its victims (1 Sam. 25:37). Consumption thrust its ghastly symptoms into family life (Lev. 26:16;

Deut. 28:22; Isa. 10:16). Rheumatism and gout twisted the joints of high-livers and perplexed men as much then as to-day (2 Chron. 16:12; John 5:2, 3). Epilepsy threw men into foaming fits (Mark 9:17; Luke 9:38). Atrophy of limb produced deformity (1 Kings 13:4-6; Matt. 12:10-13). In the matter of treatment, the materia medica was scanty. Balsam (Jer. 8:22; 46:11) was a favorite drug for external application, probably effective because it was a terebinthinate and, therefore, antiseptic. Wine, because of its alcohol, was also an antiseptic.

"Purging was in vogue (Prov. 20:30). Music was used to quiet Saul in his spells of acute mania (1 Sam. 16:16), which is quite in advance of many of our methods to-day.

"Moses seems to have had great knowledge of medicine. In the book of Leviticus (13:3-20), we find his three cardinal principles which to-day are utilized in the management of contagious diseases, namely, differentiation, isolation, and disinfection.

"In Leviticus 4 to 26 one can not but be struck with the directions for preserving individual and public health; the selection of portions of creatures for sacrifice, and rejection of those parts of the economy whose functions are the removal of impurities or excretions; the disposal of filth in such manner that it might contaminate neither air nor water; the disposal of the dead; disinfection and purification of clothing and dwellings, and the laws of quarantine.

"In hygiene, says Bitting, the Mosaic medicine is supreme. The priests were skilled in preventive medicine. It was their duty to inspect and enforce sanitary arrange-

ments. The history of the Hebrew race is singularly free from epidemics. Diet was carefully regulated. Pork was forbidden. To eat blood was a crime. Everything had to be washed before being cooked (Mark 7:4; Lev. 1:9). Bathing was compulsory on those who had touched a leper, or those with any issue or flux (gonorrhoea), or those who had touched anything the disease had touched (Lev. 15:1-13); all men and women after copulation, women after menstruation—indeed, they ought to have been the cleanest people on earth. No doubt their freedom from venereal disease was due to these precautions, added to the cardinal one of circumcision.

"The sick were isolated as far as possible; the lepers were kept outside camps and cities and away from the highways (Lev. 13:45, 46); the house in which leprosy originated was entirely demolished (Lev. 14:33-45); a little loss of real estate was cheerfully suffered rather than endanger the public health.

"The camp sanitary regulations were the very best. Every man was his own scavenger. All refuse from the slaughter of animals was burned outside the camp (Ex. 29:14; Lev. 4:11, 12; 8:17). Even the very spoils of war, as well as the soldiers, were to be disinfected before entering the camp after battle (Num. 31:21-24). What was not inflammable must be bathed in fire to cleanse it, and everything else had to be washed in water. . . .

"From all of these instances, and more that might easily be added, it would at first seem as if the discovery of new medical truth were almost hopeless. So much of our new knowl-

edge is old, so much not true, that the common practitioner feels discouraged in any attempt to make additions to the existing body of truth. But to me the lessons of these things cited are most encouraging, and should inspire the simplest mind with hope.

"The plainest moral to be deduced is that a large deal of the ancient wisdom is really wisdom. It has been an egotistic habit to republish the nonsense and quackeries and superstitions of medical history as conceited proofs of how superior we are to our forebears. This was as foolish as it was untrue. We are not so mightily superior as we think. When we are really so, we shall not boast nearly so much. Neither have we by any means learned all that the ancients and barbarians have to teach us. Modern armies and cities could still learn a great deal from Moses, one of the greatest men, and certainly the very greatest sanitarian, of all history. And just at the present time one can not help feeling that the old, unused truth is often of more importance than the new one. The death-rate is twice as high as it would be if we should give society the benefit of the medical truths discovered long ago, but which, in our rage and race for new discoveries, we have disregarded. We most urgently need the rediscovery and the practical use of the old truths."

2315 Jackson Street, S. F.

[In making the above quotations, it was found necessary to change a few of the scriptural references, which in the original paper were incorrect.]

**SPECIAL VEGETARIAN
NUMBER**
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OCTOBER, 1903

Progress in Medicine and Allied Sciences

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

AFTER many years of research by different bacteriologists, it is announced that the specific cause of smallpox has been found. Dr. Councilman, with two associates, publishes the results of his investigations and asserts that the exciting cause is not a bacterium, as has long been suspected, but a protozoan, a single-celled animal. From the standpoint of prevention and the final stamping out of the disease, the information gained by these investigators is said to mark a triumph in medical science second only to that of vaccination, by Jenner.

The announcement of fourteen deaths by hydrophobia in the city of Chicago during the past year will probably be a surprise to some people. And, to appear all the more remarkable, three of these cases are said to have occurred during the winter months. This disease, in the popular mind, is thought to be inevitably connected with "the dog days," but, as has been pointed out, it may occur at any time of year. In a paper presented recently before the Chicago Medical Society, Dr. Bevan expressed fears that there would probably be a large increase in the mortality from this cause, as a result of the lax enforcement of laws regarding the muzzling and restraint of dogs. Almost invariably these animals are allowed to run about the streets without restraint, thus furnishing a fertile soil for the propagation and dissemination of the disease. Hydrophobia is a dreadful disease, more

dreadful because it is inevitably fatal. The only prevention is by stringent legislation to prevent canine rabies. Reports from different parts of the country go to show that the frequent occurrence of the disease is in nowise limited to Chicago. Not long ago the country was shocked by the death of the child of a distinguished New York physician from this disease, in spite of every effort that could be put forth in his behalf.

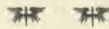
Recognizing the popular dread of appendicitis, which has now become the best-known surgical disease to the public, an enterprising company in London (Eng.) has been formed with the object of protecting policy holders from financial loss in case of an attack of the disease. The company offers to issue policies at the rate of \$1.25 per annum for every \$500, and to issue policies up to \$2,500. By the policy the owner is guaranteed all the medical, surgical, and nursing expenses up to the amount insured, by an attack of appendicitis. With the enterprise of some of the Thunder Mountain mining stock operators, this company urges that "now is the time to buy, as soon the premium will be largely increased," owing to the increasing prevalence of the disease.

Radium, the new metal discovered in 1898, bids fair to set the physical and chemical world agog. The nearest approach to the mythical "perpetual motion" is seen to be pre-

sented by this new element. It was startling enough to be told that radium can give out light continuously without undergoing any change in itself; but now comes the announcement from two French observers that heat is also given off in relatively large quantities, that it can melt more than its own weight of ice per hour and yet undergo no change in potency. But the prediction of the newspaper scribbler, who pretends to see in radium an

inexhaustible luminant of the future, and a substitute for anthracite, is made without knowledge of the conditions under which radium is, and is likely to be obtained. It would appear that it exists in extremely minute quantities, and that thus far probably not more than a teaspoonful has been obtained in the whole world, and this at the cost of many thousands of dollars.

Spokane, Wash.



Dangers in Old Clothing

By J. O. Corliss

GREAT BRITAIN is now in the midst of a great scandal, brought about by an outbreak of typhoid fever among the boys in the reformatory ship, *Cornwall*, lying off Purfleet, in the Thames. Upon inquiry, it was found that the boys had been sleeping under army blankets which had been used in the South African war. Dr. Klein, an eminent analyst, also health officer for the city of London, declared upon examination that no less than seventy-five per cent of these blankets were saturated with typhoid germs.

It is altogether likely that they were used in Africa to cover typhoid patients, and after the war were sold by the war department to dealers in the East End of London, who in turn have disposed of them all over the Kingdom as "good brown army blankets," at a very cheap figure. Sales of these disease-carrying coverings have been traced to many large cities. Some estimates tell that 150 towns have received them, where they have been

retailing at from eighteen pence to two shillings apiece.

It is asserted that those disposed of by the admiralty were washed before being sent out. But it is well known that mere washing does not destroy typhoid germs. Disinfection is thoroughly accomplished only after boiling and long exposure to sunlight.

It seems a strange condition of things when a government department, under the plea of economy, jeopardizes the health, and even the lives, of a whole nation, by sending abroad clothing, or bedcoverings, that are infected with deadly germs. Such carelessness, while perhaps unjustifiable, is constantly practised on a smaller scale in every part of the world. Some people of limited means consider it economy to purchase clothing of second-hand dealers, because it costs but little money to secure a fairly good-looking suit. But, in many cases, this course costs more than to purchase at first hand, even though

the price may be double that of the second-hand goods, and for this reason: one never knows what disease another has had who wore the old clothes offered so cheaply. To wear such clothes means great risk to health, if not to life, because we know that disease germs lurk in old clothes,

even after long abandonment. To take on disease by wearing these means far more expense in the end than to buy new clothing at the start. Second-hand clothing stores should, therefore, be shunned as would be a plague.

Leicester, England, May 20, 1903.



Beverages

By Mrs. M. S. Fenner

Imperial Beverage.—Pare off the yellow rind from one fresh lemon, add to it one quart of cream, place upon the fire and bring to the boiling-point. Stir continually; now remove and continue to stir until quite cold. Sweeten with powdered sugar to your taste. Strain the juice of four lemons into a china bowl, pour the cream slowly upon the juice, holding the vessel containing it two feet above the bowl. Stir well together, and let stand two hours before using it. Use four tablespoonfuls to a tumbler of water.

Fruit Beverage.—Grate one pineapple into an earthen dish, pour over it one quart of boiling water, and set where it will keep warm two or three hours to infuse, after which drain off the liquid, sweeten to your taste, place in a freezing can, and half freeze. Ripe grapes or ripe tart apples prepared as above also form a delicious beverage.

Nut Grape Beverage.—To three-fourths pound of sugar, add one-half pound of almond butter and one-half ounce pounded bitter almonds. Pound them to a fine paste, add one pint of grape juice and three pints of water. Mix

well together, and strain through a fine sieve. It should then be iced or half frozen.

Coconut Beverage.—To two grated coconuts, with their milk, add two quarts of pure water; place over the fire and boil for five or six minutes, stirring constantly. Then strain through a fine sieve, add to the liquid twelve ounces of pulverized sugar, and mix well together. Then ice.



Hypnotism in Surgery

By J. O. Corliss

THE first case ever known in English surgery under hypnotism has been recently reported from Clapton, near London. The subject operated on was a lady of 38 years, whose leg was amputated. A local surgeon, Dr. Frank Aldrich, performed the operation. He had been studying hypnotism for nearly three years, and while experimenting conceived the idea of employing it as an anesthetic. When called to attend the lady in question, he found it necessary to amputate her

limb, and her terrible dread of chloroform, he conceived, would make its use in her case unadvisable. With her consent he began to experiment on her with hypnotism, and found that when under its influence she did not seem to notice the pricking done with a needle. Each day for a week she was experimented with in this way, on each occasion being laid under the anesthetic for half an hour.

At the time of the operation she was anesthetized thirty-five minutes. When aroused she simply said, "I feel pins and needles." The doctor reported that there were absolutely no symptoms of shock, and her pulse and temperature were normal. She ate a hearty meal immediately following the operation.

It is to be presumed that the report of this case will give an impetus to the study of hypnotism, even in conservative England, and that among some who will use their knowledge unscrupulously. While it may be successfully used on some, in case of minor operations, the danger to be apprehended from the free and unprincipled use of hypnotism may well be feared. Should it come to be generally employed in surgery, the only safeguard against danger will be laws to restrain its use by any except qualified medical practitioners.

Leicester, England.

TRUTH must be fair, or it ceases to be truth.

Special Vegetarian Number
of the
PACIFIC HEALTH JOURNAL
—October, 1903—

Communicability of Tuberculosis from Animals to Man

AT the congress on tuberculosis, held in Berlin in October last, Koch reiterated his statement of the previous year, that it had not been satisfactorily demonstrated that the human bacillus of tuberculosis could be communicated to the bovines, and *vice versa*; hence it was unnecessary to use any measures to prevent the transmission of the disease from cattle to man. We have from Prof. Brouardel the statement that, in conversation with Dr. Koch, he admitted that there was a possibility of this transmissibility. On a previous occasion, and in another presence, we took occasion to show that the consensus of opinion upon the proposition of the able and distinguished German savant was one of opposition; that by bacteriological, pathological, and clinical evidence we were compelled to acknowledge that human tuberculosis has been communicated to cattle, that scientific observation in several cases demonstrated the fact that man had been inoculated with bovine tuberculosis. This view is substantiated by Ravenel, Smith, Nocard, Arloing, and many others. When we recall the fact that, at the end of the year which has elapsed since Koch first made this statement of noncommunicability, he has no new evidence to submit, while, as already stated, many other observers have produced evidence tending to establish the fact of intercommunicability, we believe it would be criminal to relax, in any measure, the efforts to prevent human beings from becoming infected from bovines.—*Philadelphia Medical Journal.*



The Workers

WARRIORS of peace, whose laurels drip no
dew of blood or tears,
Whose victories past shall nerve your arms
through all the coming years,
Still shall be yours, when, with the wester-
ing sun,
You homeward wend your glad, though
weary way,
The smile of God for duty nobly done,
And love's sweet welcome at the close
of day.

Though careless, thoughtless minds may fail
to comprehend your toil,—
Breasting the seas, taming the wilderness,
tilling the stubborn soil,—
It honors heaven's behest; for, at the birth
Of this fair world, 'twas thus His mandate
ran:
"The pleasures and the treasures of this
earth,
Lo, they are his whose life is lived for
man."

—Robert Mackay, in *Success*.



What Can a Daughter Do in a Home

By Mrs. W. S. Sadler

NEARLY every member of the great human family has at least one place in this wide world that is recognized as home. This home may range from the domicile of the street urchin—ofttimes a large box or an overturned barrel—up to the mansion on a boulevard. But be it humble cot or brown-stone front, the mere building is not the home in the truest sense of the word. The real *home* is not the brick and mortar, but rather the home folks,—the family composed of kindred minds. You have a home. Think what it means, *your* home—*your* home. It is, or should be, the dearest place on earth to you, ever to be remembered and often thought of when you are absent from its helpful influence.

No member of a family, unless it be the mother, can do so much to bring happiness into a family circle as a daughter. A cheerful, thoughtful girl, by little acts of kindness, can bring gentleness and harmony into any home.

Very frequently a girl's hardest problem is to know how to deal with her big brother, for most brothers seem to delight in teasing their sisters. If brother is inclined this way, begin at once to win him over. Arrange some surprise for him in his room; perhaps a pretty bouquet, a new sofa pillow, or even a fresh curtain at his window.

If he is fond of reading, you might place on his table some new book; and

any brother would enjoy a pitcher of cool lemonade made by sisterly hands. There are many trifles you might thus employ, that would, in a short time, cause him to appear different to you, and also to every other member of your family.

Above all, girls, do not "skim" everything you do for your brothers. When asked to mend their gloves or sew on a button, do not mar your kindness by saying, "What! that button off again?" or, "Your gloves always need mending." Of course, you are glad to do such little things, and he knows it, but you "take the cream off" these acts of kindness by such remarks. On the contrary, cultivate the confidence of your brothers, by showing them that you are thoroughly interested in them and all that pertains to their welfare. Encourage confidential visits with your brothers; these little chats will prove a power for great good in both your lives, and you will miss much if you fail to cultivate them. If girls would more diligently foster the confidential association of brother and sister, they

would do much to prepare themselves better to cope with the battle of life in later years.

Sisters often appreciate each other more after the "growing-up" period is past, and they are out of their teens. As a rule, the older they get, the more they appreciate one another. The proverb, "Familiarity breeds contempt," is as true of sisters as of any one. The fact that a ribbon or collar is sister's does not mean that you should use it without her permission. If the rights of both are respected by each, much unpleasantness will be saved, and many misunderstandings prevented. Mutual confidence is the keystone of friendship, but it is well to bear in mind that confidence should be "used," not "abused."

At night, when father comes home, let the event be one of much pleasantness. He is the provider for the family; quite often his hours are long and wearisome, and how welcome would be words of appreciation, associated with a genuine home feeling of good cheer!

(To be continued.)



Vacation

By Mrs. Kate A. Frye

FOR weeks before the close of school the thought of vacation is in the minds of the children, bringing plans for rest and recreation. But with many mothers it is far different, suggesting thoughts of more work and extra responsibility.

Now why do not the mothers, who need the rest just as much, or even more, plan for a little vacation, too?

If possible, why not go on a camping trip? There is nothing that will do the entire family more good than change of scene and surroundings, and getting out into the woods or mountains. Remember "the groves were God's first temples," and in no place can you teach the children grander lessons than under the spreading trees and blue skies.

All children enjoy playing beside a running stream; they never tire of it. There are many beautiful places so near the suburbs of the cities that you can be in the quiet of the woods and yet so conveniently located that those of the family, if any, who can not leave their work can join the campers at night.

If it is impossible to go camping, plan for picnics. The first thing my own children say when vacation comes, or even one holiday, is, "Let's go to the hills or to the beach." Invite a congenial company, and spend the day in the woods or at the beach. To illustrate: Last week my daughter and half a dozen of her classmates in the seventh grade planned a day at Sunny Cove (the beach, as the name suggests). They invited me to go as chaperon. I accepted, and telephoned to a friend of mine and her daughter to join us. The girls decided what each one should take for lunch, and so had a variety, and little work for each one. One, whose father has an orchard, took a basket of cherries, one took oranges, one stuffed eggs, one pickles and olives, one fancy cookies, three cakes, and we took four loaves of bread made up into three kinds of sandwiches.

We took books to read, and in the afternoon all took a dip in the salt water. With a party of eleven, this was a very enjoyable day. Who can spend a day like that and not feel better physically and mentally?

Then, for a day in the hills or woods, take the car to the suburbs. By walking a few blocks, you can reach places so secluded you seem to be in the depths of the forest. One place I have in mind is only four blocks from the railroad, down into a pretty cañon,

where flows a little stream. We have been there occasionally for the past six years. We take along the hammock and some rope and put up a few swings, also a simple but abundant lunch. The fresh air and exercise give a good appetite. We also take some books and papers. If you are *so busy* you feel you can not spare the time, take a bag of stockings to darn, some buttonholes to work, or some letters to write. You will find you can write a better letter than at home. The surroundings suggest ideas and stimulate the mind.

While the children are playing you can watch them and still have time to rest and use your time as fancy or necessity dictates. It will do the mother as much good as the children, and they all enjoy having mama to themselves for a day.

If you have sewing which you know ought to be done, propose to your daughter that, if you spend the day with her, she will spend the evening with you. Then you sit by the machine and cut and baste, and let her run the machine. It will please and benefit her and help you. She will be learning in a different school, and not realize that it is work.

These are practical ideas, which have been tried, and can be carried out to the benefit of many.



"If you are a teacher, be the best; if you are a stenographer, if you are a clerk, be the best. If you are to keep the house, and come nearest the world in that great sphere, *let no one excel you.*"

What to Teach Boys

By Mrs. Mina Mann

I HAVE heard so many mothers say, "I am glad my child is a boy," or, "I wish it was a boy," in a tone and with a manner implying that it is so much easier to raise boys. And that seems to be the generally-accepted opinion. Altogether too many mothers think that boys can be allowed to *come up*, go where they please, and choose their own companions. That which is not at all allowable in girls is looked at with an indulgent smile when boys are the transgressors.

The world has long condoned the faults of boys and men with the worn-out and absolutely untrue saying that "boys must sow their wild oats." Why is it any more necessary for boys to sow such crops than for girls? Why should boys be taught that they may do things, and still remain respectable members of the social life, which would forever banish girls from all pure homes? Christians have too long held to the same false standard. "Blessed are the pure in heart; for they shall see God," was spoken regardless of sex. Here is another work for us mothers. Let us erect a standard just as high for our boys as for our girls, and teach them that that which defiles and lowers pure womanhood has the same effect on pure manhood. Let us teach our boys to be just as modest as our girls. Why should we allow our little boys to go in bathing together in a state of nudity and at the same time exclaim over the immodesty of such an act when little girls do the same?

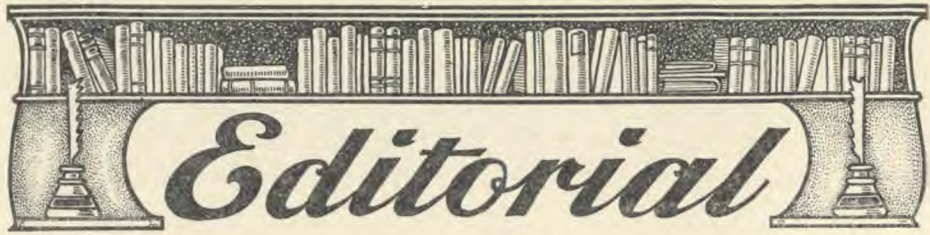
From very childhood there is a different standard erected for the sexes,—and it should not be so. Teach the

boy divine purity,—purity in thought, purity in deed. Teach him that he can not look upon impure things and remain pure. Teach him that if it is wrong for sister to see certain things, it is just as wrong for him; that it is no worse for mother to go to certain places than for him. Teach the boy that by and by he will set up a home of his own, as father and mother have done before him, that some pure, innocent girl will give her life into his keeping, and he must have a clean life and name to offer, one just as spotless as her own; teach that the harvest is always determined by the sowing.

Our boy will meet teachers at every turn ready to fill his mind with that which will cater to the lower passions of his nature. But can we not teach him to close his ears to everything he would not care for mother to hear? Gain his confidence, and be interested in all he is interested in, and enter into his life so fully that he will feel free to repeat to you his conversation with others. This, of itself, will tend to keep him pure, as he will not care to listen to that which he can not repeat to mother. And never hesitate for one instant to tell him the exact truth on any question he may ask you. Always keep before him, from childhood to manhood, that God requires just as much of him as of his sister, and any other standard is false, and was erected and devised by the great adversary.

**SPECIAL VEGETARIAN
NUMBER**

OF THE PACIFIC HEALTH JOURNAL
OCTOBER, 1903



Physical Income and Expenditure

THE brain of the capitalist is taxed in order that he may increase his income, and at the same time reduce to the lowest limit the expenditure. All efforts to increase one's property necessarily involve more or less expense. The financier so plans that all unnecessary expense is cut off, thus increasing the net income.

The human body is undergoing a constant change. A stream of material is passing through it, to be built up into living tissue, to furnish heat and energy, and, after having served its usefulness, to pass out as waste material. The body is made up of the food which has been eaten; and the quality of the tissues and the character of the mental and physical acts performed depend largely upon the nature and quantity of the food eaten.

No intelligent business man accepts securities without knowing something about them. They may be printed on fine paper, and be artistically engraved; but unless they are backed by some responsible concern, he does not want them. He takes no chances. Everything must be on a sound basis. But this same man will probably accept for his stomach, for his *physical income*,—vastly more important to him than his income in dollars and cents,—anything which looks good and tastes good, without any question as to its digestibility or its nutritive qualities. He has a palate to please, and money

with which to satisfy his desire in this direction. He eats, drinks, carries on his business, until suddenly there is a stoppage in the machinery. As a result of injudicious eating, an overworked and much abused organ, possibly the liver or the kidney, gives way,—goes on a strike for an easier job, and then the doctor is called in to arbitrate the matter between the man and the kidney. By means of a little soft soap, in the way of drugs, the organ is induced to go to work again, but only to repeat the process. The man is now like a Central American state. One insurrection is no sooner quelled than another begins, until finally ruin comes to the whole outfit. Perhaps during all this time it has not seriously occurred to the person that his trouble is all the result of his dietetic errors.

Men do not conduct their financial operations with as little thought and intelligence as they do their digestive operations, otherwise they go to the wall. Some of our multimillionaires are men who have not been able to maintain their digestive apparatus in good condition. Mr. Rockefeller's offer of a million dollars to the physician who will give him a new stomach is somewhat unusual; but it represents a condition not at all rare among men of wealth. He could have had a good, serviceable stomach for much less than a million dollars; in fact, it is probable that it has cost

him more to eat in such a way as to produce his bad stomach than it would have cost to eat for a good stomach and good health. He is not the only one who, after a life of indifference to his body requirements, suddenly wakes up to the fact that something must be done quickly to preserve the little remaining health.

Man eats about his own weight a month, over half a ton a year, and a small trainload in a lifetime. Every ounce of food eaten requires the expenditure of vital force to digest and assimilate it. How many *tons* of material do some people eat in a lifetime in excess of the needs of the body, thereby consuming a large proportion of their vitality, and leaving only a meager amount with which to conduct their life work! How many waste their digestive powers on dishes prepared solely with reference to their appearance and taste! How many see their friends sinking into untimely graves as a result of such practises, and yet fail to take warning! How few spend any time in intelligently studying the food question!

And it is not only the wealthy who abuse their stomachs. Debilitated stomachs and impaired digestion may be found everywhere, the result of carelessness or ignorance of the laws of hygiene.

It will be the aim of the writer to give in this and succeeding numbers of the *JOURNAL* some dietetic hints, which he hopes to make as practical as possible.

**SPECIAL VEGETARIAN
NUMBER**

of the Pacific Health Journal

»—————OCTOBER, 1903

"WHAT TO EAT" says some good things and some things not so good. It is making a bold and commendable fight against adulteration of foods, and is waging warfare against white flour. The editorial page of the June number says some especially good things, which are the more noteworthy in that they condemn some of the style of cooking recommended elsewhere in the same journal. For instance:—

"Feed a pair of baby lions from the time they are born until they are as large as a fox-terrier dog on nothing but bread and milk, and you will have a couple of docile, gentle, and loving pets, as playful and harmless as kittens. Take a pair of St. Bernard puppies—the gentlest of all the canine family—and, as soon as their teeth come, begin feeding them raw meat, and you will have a couple of snappish, snarling, quarrelsome dogs, inclined to fight each other, and ready to pick a fight with every dog in the street. If the meat diet is persisted in, they will become too ferocious to have around children, and a menace to a whole neighborhood.

"Is it any wonder, then, that some men and women are snappish, snarling, and quarrelsome? We give much less attention to what we feed the human animal than we do to what we feed the lower animals."

The examples he gives here are all of animals whose claws, teeth, and alimentary tract show them to be especially adapted to a meat diet; and yet, when put on another diet for which their digestion tract was not especially adapted, they fare better so far as their dispositions are concerned.

Man, as shown by the most eminent of naturalists, is not by nature a meat-eating animal. Notwithstanding this,

our friend continues: "It may not be a question of too great preponderance of meat in the daily diet. Man, in this rigorous climate and strenuous life, needs meat." These last statements, we must respectfully submit, are not so. The light esteem in which human life is held in this country is probably a result of the carnivorous habits of the people. The same difference which is noted between animals fed on meat and animals not fed on meat is seen between nations which subsist largely upon meat and those who eat little or none. Man, in this rigorous climate, does *not* need meat, as may be attested by scores of non-meat eaters in all parts of the country who are in vigorous health. Again, arctic explorers have made long trips, in most trying weather, enduring great hardship, on nothing but graham crackers, which were chosen because they furnished the greatest amount of nourishment in the least space. It is true we *may* need the stimulating effect of the meat in order to keep up with the "strenuous life." That is what Rockefeller did, until now he is willing to give a million dollars to any doctor who will make for him a new stomach. The strenuous life is undermining the American people, and leaving shattered wrecks all along the way. Less meat, less stimulation, more moderation, would mean longer life and much more happiness, though, perhaps, with a few less millions.



Again, *What to Eat* says: "It is a singular commentary upon the intelligence and prevision of man, who is supposed to stand at the head of the

animal kingdom, that he rarely manifests any serious concern about the means of prolonging life until his life is nearly spent. The lower animals, who are largely guided by instinct, do not abuse their bodies or their powers. . . . The animal, who is not supposed to have a soul, takes care of his body, and has a profound respect for the laws of nature. But when we come to man, the self-vaunted head of the animal kingdom, we find him ignorantly or stupidly defying the laws of his being. Endowed with the faculty of intelligent selection, we find him abusing his body, and committing grave errors and excesses, that result in the impairment of his powers. He is totally lacking in 'horse sense.' He doesn't know whether he is a herbivorous animal or a carnivorous animal, or both, *and he doesn't care.* He eats tons of stuff in the course of a lifetime that is never digested or assimilated. When we reflect with what tenacity man clings to life, and with what yearning he longs to live to 'a ripe old age,' it seems incomprehensible that his diet should not engage his deepest concern from the days of childhood."

"Instead of founding institutions for the study of food values and for the detection of food frauds, in order to prevent disease and prolong life, he builds observatories for the study of distant planets and stars. The rings of Saturn are of far more interest to him than the changes wrought in his food in the process of salivation.

"Contemplate for a moment the folly of a builder who is rearing a temple, and who puts into it material of haphazard selection, of no adaptability or durability, some of it spurious, some of it weak, some of it

rotten! This is what most men are doing with the human structure, supposed to be the temple of an immortal soul."

"The world's greatest need to-day is a man of means who will generously endow the cause of gastronomy, that men may be taught to correctly care for their stomachs, that no more lives be lost through food adulteration and dietetic ignorance."

This is all excellent. But what man needs most of all is "horse sense" enough to avoid that which he knows to be injurious, and to obey the laws of health which he knows. Few conscientiously obey the laws of their being to the best of their knowledge. Many treat these laws with utter indifference until compelled to heed them by failing health.

Again, if we may judge from what is developing as a result of the food investigations carried on by the W. S. Department of Agriculture, it is not at all likely that a chair in "gastronomy" in the great colleges would accomplish much for some time to come.



As *What to Eat* says: "Nature builds men and women out of the food they eat. Men and women build the nation;" and, to a certain extent, "whether the nation is great or small, whether it progresses or retrogrades, is a question of pure food and scientific diet."

Nations are like men. Occasionally one is seen who, physically or mentally, or both, stands head and shoulders above his fellows. He may or may not have eaten food different from those around him. He probably has

some theory to account for his great powers, which may or may not be the true one. One attributes his strength to going without breakfast; another, to a certain class of exercises; another, perhaps, to a daily habit of taking an internal bath. Another does not know why he differs from others, and he is probably nearest right. There are, undoubtedly, laws operating which determine these differences, but we are far from knowing them in their entirety.

So with nations. The American Republic has not risen to greatness because its people are meat-eaters. There are a lot of South American republics whose people are meat-eaters, and they are not living a very "strenuous life" either.

In examining the dietetic and other habits of great men, it will be found that they and their parents have lived simply and close to nature, though their habits, as to details, may be quite diverse. The foundation of a great nation is laid in its early days, during its struggle for existence, when necessity compels a simple and abstemious life. The luxury of its later life invites the inroads of its more abstemious neighbors, and hastens its destruction. This has been, in brief, the history of all the great nations of antiquity. The United States as a nation may be said to-day to be digging its grave with its teeth.



Hygiene of Digestion

IN taking up the study of dietetics, our plan shall be to consider not only what and how much to eat, but also

how to eat and how to live otherwise in order to maintain good digestion.

The possession of sound teeth is an important prerequisite to perfect digestion; for a decaying or loose tooth is a center of infection, contaminating all food which comes in contact with it, and increasing the tendency to decomposition and production of poisons all along the alimentary tract. Unsound teeth result largely from lack of care of the mouth. As the temperature and moisture of the mouth are very favorable to germ growth, food left between the teeth decays rapidly, becoming a breeding-place for myriads of germs, which attack the adjacent teeth, corroding the enamel, and exposing the less resistant dentine in the interior of the tooth. When a small cavity has been formed, it becomes headquarters for a huge family of many kinds of germs, and the destruction of the dental tissue progresses rapidly. At the same time, multitudes of these bacteria are swallowed with the food and the saliva, to cause mischief all along the digestive tube.

Even more dangerous is the affection known as "Riggs' Disease," or pyorrhea alveolaris, in which the gum, more or less inflamed, recedes from the tooth, leaving the neck, and sometimes a large part of the root of the tooth, exposed to view. The gum in this condition is really an ulcerating surface, discharging pus into the mouth; not enough, perhaps, to attract attention, but enough to do much damage to the digestive processes.

Again, where teeth are tender or loose or missing, mastication is of necessity imperfect, thereby affecting digestion in another way. These conditions require the attention of a skill-

ful dentist, in order that the mouth may be made comparatively clean and free from the danger of infecting the food. One suffering from indigestion must, if he has poor teeth, have them properly cared for, before he can hope to improve his digestion by means of diet and treatment.

To avoid or prevent an unhealthy condition of the teeth and gums, one must, first of all, be clean. Food must not be allowed to accumulate and remain between the teeth. The use of a moderately stiff brush, with handle curved so that all the teeth may be effectually reached, is excellent for the surfaces of the teeth; but the teeth can not be called clean until the spaces between adjacent teeth are cleansed, by means of dental floss, a fine silk yarn prepared for that purpose. In the use of the brush and the dental floss, care must be taken not to force the gum away from the tooth, or to force a bristle or other foreign matter between the gum and teeth, as it is probably in this way that "Riggs' Disease" starts. Other favoring causes for "Riggs' Disease" are the accumulation of tartar, through neglect, the use of tobacco and irritating foods, and, in fact, anything which causes irritation of the edge of the gums, or which wedges in between the gum and the tooth.

In using a toothbrush, it is well occasionally to use a tooth powder containing no gritty matter, and yet sufficiently hard to assist in the removal of concretions from the teeth. For this purpose precipitated chalk, or powdered orris root, are the best. They may be flavored with some harmless antiseptic, such as oil of cinnamon or wintergreen. Once a day, preferably at night, the mouth

should be rinsed with some antiseptic solution, such as cinnamon water or diluted listerine.

It has been noticed that teeth which are employed in the mastication of hard substances, such as zwieback and sea biscuit, rarely need the dentist's attention. Such hard substances probably assist in the nourishment, and consequently in the resistance of the tooth to disease, by increasing the circulation in the tooth and adjacent gum. In other words, masticating hard food is giving a massage to the teeth and gums; and as massage or exercise strengthens the arm, so vigorous mastication strengthens the teeth. The use of soft food tends to the formation of unresisting teeth.

IN a recent examination in dietetics, the pupils were asked to give ten rules in diet which they considered most important, and which they conscientiously observed. The following were given by one pupil, and are passed on because of their originality:—

I

Do not eat too fast.

II

Do not eat too much.

III

Do not worry about your food, thinking it's going to hurt you.

IV

Do not eat between meals.

V

Do not eat food simply because it tastes good, but for the good it may do your body.

VI

Do not eat food when it does not

taste good simply because it's a food that agrees with some one else. Food, to be perfectly digestible, must be agreeable.

VII

There has been given to each individual a certain amount of common sense; we should individually use it in choosing our bill of fare.

VIII

No one should be criterion for another in deciding what food is best, except a physician for an invalid.

IX

When you find some food which has been highly recommended does not agree with you, do not continue its use simply for the recommendation's sake, but try something else; there are other things.

X

Therefore, whatsoever ye eat or drink, do all to the glory of God.

It is wrong to be careless, as it is also needless to be ignorant, of the laws of health. Doctors of medicine study to cure disease; but the sanitary reform most needed is the study to keep out disease, to preserve, as well as to restore, health. To begin at the right end, each one should be his own doctor, giving honest attention to the discovery and practise of the means by which may be built up a healthy bodily organism.—*Pierson*.

"REMOVE from mankind the fear of poverty, and ninety per cent of all the meanness and unkindness and viciousness will disappear instantly."

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

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Oakland, California, August, 1903.

No. 8.

An Explanation

WE are sorry to disappoint our readers in not being able to publish the first article of the series on Physical Culture in the Home this month, but on account of a little misunderstanding, and the running of another similar series, by the same author, in another part of the JOURNAL, those we promised will be deferred until later.

"SAVE THE BOYS" is the title of a booklet of twenty-four pages; also a magazine of eight pages. These are directed against the twin evils of tobacco and liquor,—an aid in the home in leading the young in the ways of temperance. Just the thing for our young people to use in missionary work. Price of the paper, single subscription, 30 cents. One subscription free to any person sending five names and \$1.50. Ten copies to one address, \$2.00. Booklets, 75 cents per 100. Address, H. F. Phelps, Minneapolis, Minn.

WE are pleased to be able to inform our readers that our October issue will be a special Vegetarian Number. Great care has been taken to present this important subject in the most

rational, logical, and convincing way. The list of contents will be found on the fourth cover page of this JOURNAL. We expect to receive quite a large number of orders, and would suggest that if our readers wish additional copies they send in their applications at once.

THE sixth annual meeting of the California Medical Missionary and Benevolent Association was held at Sanitarium, Cal., on June 17 and 18, 1903. Out of a total membership of 301, 191 were represented at the meeting, there being 42 members present in person, besides a goodly attendance of friends of the association.

The following resolutions, which were adopted, will be of interest to our readers:—

"Resolved, That we express our appreciation of the great improvement in the appearance of the PACIFIC HEALTH JOURNAL during the past year, and of its clear exposition of the principles for which it was established.

"We recommend, That the various institutions on the Pacific Coast be invited to make more general use of the PACIFIC HEALTH JOURNAL in connection with their work.

Your attention is asked to the Special Dedication Number of GOOD HEALTH for August

It contains about one-third more than the usual amount of literary matter, rendered especially attractive by nearly thirty well-chosen illustrations. The following are some of the subjects treated:—

The Dedicatory Exercises of the New Building of the Battle Creek Sanitarium
Extracts from Speeches Made on that Occasion

The Dedication of the Madison (Wis.), Caterham (England), and Sydney
(Australia) Sanitariums

Besides these features of special public interest, we wish to announce some of the important general articles:—

“The Influence of Diet upon the Brain and Nerves,” by Dr. J. H. Kellogg

“A Few Facts About Tea and Coffee Drinking,” by Dr. J. H. Kellogg

“Effects of Tobacco upon the Human Body,” by Dr. W. H. Riley

“Mosquitoes as Carriers of Disease,” by Dr. F. J. Otis

“Ten Scientific Arguments Against Alcohol”

“Rowing as an Exercise”

“Healthful Dress”

“What To Do in Emergencies”

And other articles, besides Editorials, Answers to Correspondents, etc.

Examination of the subjects discussed will impress one with the *completeness* of this number. Valuable instruction is offered the reader with reference to almost every phase of reform in habits of living.

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THE FASCINATION OF THE MYSTERIOUS

*One of the most remarkable series of articles
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THEY are prepared by Prof. J. A. L. Derby of Healdsburg College, and treat the much-talked-of subjects of Hypnotism, Spiritualism, Telepathy, Theosophy, Clairvoyance, The New Thought, Pantheism, Christian Science, etc.

He first admits that the human mind is fascinated by the mysterious, and that this instinct, which we call curiosity, is right because it leads to knowledge. He then asks and clearly answers the question, "What is a proper exercise of this natural propensity?" His answers are so reasonable, so free from cant, and display such a knowledge of the principles involved, that they will be gladly read and re-read by those desiring light on these important queries.

In his third article he admits "that somewhere in man's make-up—call it his sub-conscious self, his subliminal consciousness, or what you will—there is the capacity for receiving, seemingly by supernormal faculties of sight, hearing, feeling, etc., communications from the spirit world." This may seem to our readers an unwarranted admission, but a careful study of the question will be sufficient, we believe, to convince the candid student that this conclusion is emphatically true.

Then follows his conclusion: "Since man has that capacity, is it to be wondered at that any one who places these faculties at the disposal of Satan, should receive messages and experience visions from him, just as certainly as a true prophet may receive supernormally-imparted knowledge from God?"

Again, he says, "There is much that is superhuman from spiritist sources, but superhuman knowledge is not necessarily divine."

HYPNOTISM—The manner in which the author passes by all the phenomena connected with the manifestation of this ism, and strikes directly at the root of the matter, is startling.

CLAIRVOYANCE—In this article the real truth is told about clairvoyance, in connection with which are introduced absolute tests by which the true prophets of God may be distinguished from those receiving messages from the opposite source.

TELEPATHY OR MIND READING—Prof. Derby again admits in this article that there are manifestations not accounted for by any manner of trickery and yet the reader is led to conclude with the author that the practice is "immoral."

THEOSOPHY—The term is here defined as "Aristocratic Spiritualism." The reasons for thus defining it are direct and ample.

THE NEW THOUGHT—"A scheme of self-salvation through the power of the will," says the author.

PANTHEISM—He here declares that the theory of the natural immortality of the soul, which is the life-blood of Spiritualism, Theosophy, The New Thought, and Saint Worship, "is neither an intuition of the mind, a Biblical teaching, nor a scientifically-demonstrated fact." Rather a strong statement, but we hope you will suspend judgment until you have read the argument. This theory, he says, leads direct to Pantheism, which he then compares with the philosophy of Brahamism.

The above articles merit world-wide circulation, for they treat topics which are forcing themselves to the front everywhere.

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The OCTOBER ISSUE of the
Pacific Health Journal will be a

SPECIAL
Vegetarian Number

The subject of hygienics is arousing considerable interest at the present time, and is being discussed by prominent men of all classes.

The following is an outline of articles which will appear:—

Is Man by Origin and Nature a User of Flesh?

1. The Answer of Scripture
2. The Answer of Comparative Anatomy and Allied Sciences

Is a Vegetarian Diet Adequate?

1. The Answer of Physiology and Physiological Chemistry
2. The Answer of Personal Experience
3. Glimpses of the Lives of Noted Vegetarians
4. Why I am a Vegetarian—By B. Fay Mills
5. Vegetarian Menus—1. Strict Vegetarian 2. Modified Vegetarian
6. Some Objections to Vegetarianism Answered

Is Meat-Eating a Source of Real Danger?

1. Diseases Contracted as the Result of Eating Diseased Meat
2. Ptomaine Poisoning
3. Uric Acid as a Factor in the Production of Disease

Viewed from the Aesthetic Standpoint

Shall the Carcasses of Lower Animals Find a Cemetery in the Human Stomach?

Viewed from the Ethical Standpoint

1. Have the Lower Animals Rights?
2. Comparative Effects of a Non-Meat and a Mixed Diet on the Moral Nature of Man

Vegetarian Athletic Victories

The belief that a flesh diet is necessary in order to sustain life is fast losing ground, and it has been proven without question that the best food is nuts, fruits, and grains. As shown by the above interesting list of contents, this whole subject will be carefully considered in our coming special issue.

SEND IN YOUR ORDERS EARLY

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