

 Next Issue, Special Vegetarian Number

September, 1903

PACIFIC HEALTH JOURNAL

Volume XVIII
No. 9

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(Illustrated)

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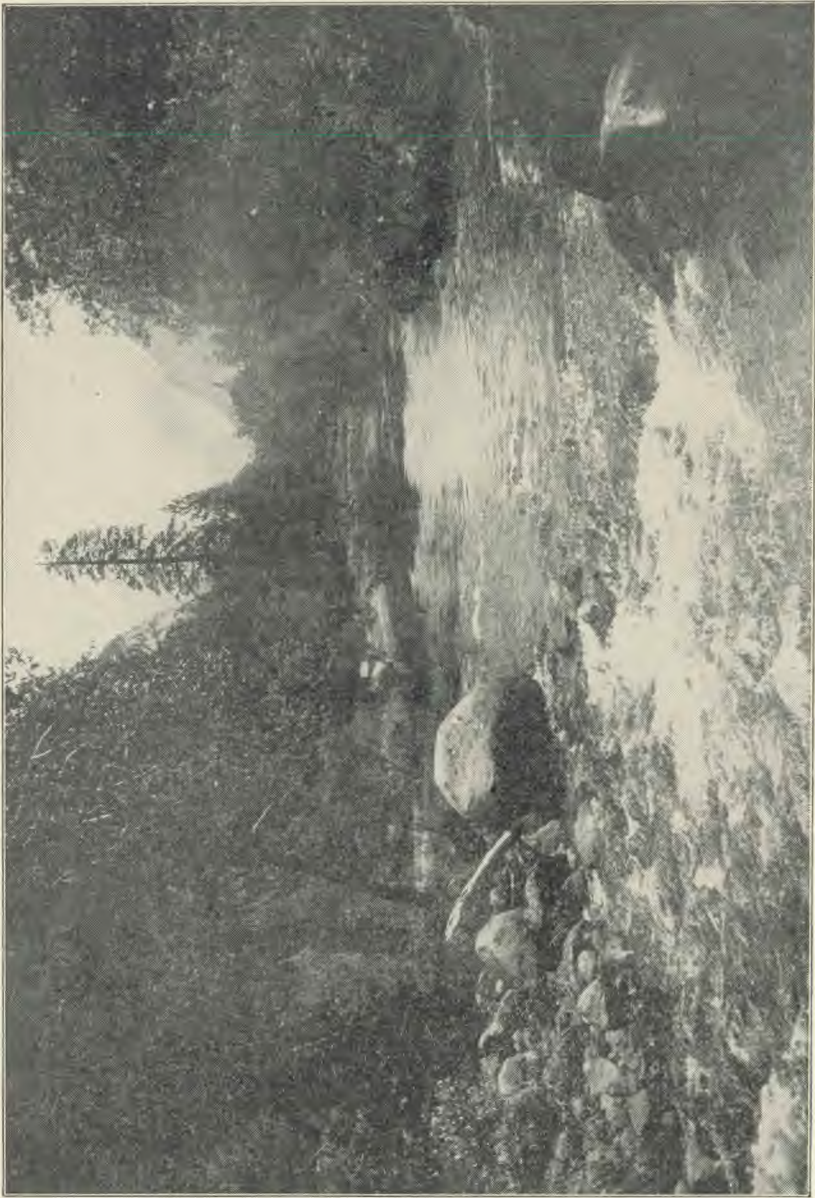
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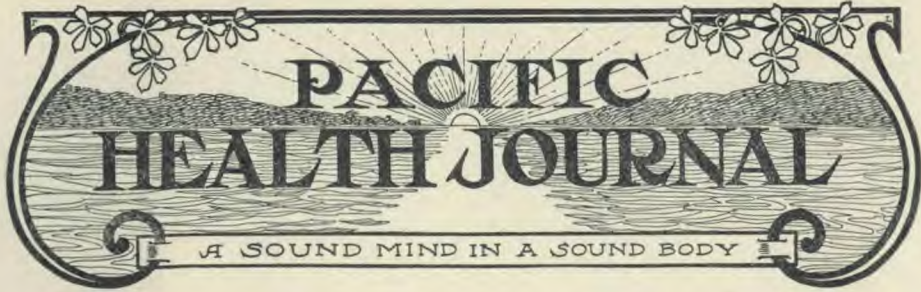


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IN THE HEART OF THE SIERRA NEVADAS



VOL. XVIII.

Oakland, California, September, 1903.

No. 9.

The Causes of Depleted Energy

By Margaret Evans, M. D.

IF you are disposed to grumble at everything about you, if trials annoy you and you become irritable and "out of sorts" when little things go wrong, you may be sure an enemy is at work in the system. Your energy is being exhausted in some way, and your vitality is at a low ebb. A greater amount of force is being expended than the system can generate, and you should at once search for the cause. It may be traceable to imprudence in eating or drinking, or it may be due to overwork or overstudy. Do not begin to dote with this or that remedy which has been advertised in the daily papers or recommended by a friend, but carefully scrutinize your habits, and ascertain the cause of the indisposition. When this has been discovered and removed, a speedy disappearance of the morbid symptoms will follow. Your first duty is to find and remove the cause, whatever it may be, or it will leave you a physical and mental wreck.

No one can accomplish anything great in this world if any portion of the machinery of his body or mind is out of order. Immediate attention should be given to it if it is not work-

ing with that ease and perfection that a perfectly-constructed and well-kept machine is capable of doing. Look well into the daily life, and find in what way the system is being robbed of its nourishment. No defective machine can turn out good work, and if some serious obstacle is clogging its wheels, the more one tries to use it, the greater will be the damage it suffers, and the more difficult to put it in proper repair. It may be that you are wearing yourself out with the excesses of fashionable dissipation, irregular habits of rest, late suppers, attendance at the theaters, evening parties, and the like.

Your condition may proceed from excessive smoking, or the using of stimulants. Tea and coffee have much to do with the depraved condition into which the nervous system often settles. Pastry and knickknacks lay the foundation for disease, and are the direct cause of a large amount of dyspepsia. Ices, wines, confectionery, and other highly indigestible material, only produce impoverished blood, and are in the highest degree detrimental to health. Nature is long-suffering, and in every possible way tries to build a bulwark against disease, but sooner or

later the stomach remonstrates at such transgressions, and you are called upon to pay the penalty by suffering the pangs of indigestion, and an utter unfitness for the performance of the duties of life.

Perhaps your morbid condition is the result of improper habits of dress. Tight lacing is a most fruitful source of the numerous ills peculiar to women. Heavy, trailing skirts, suspended from the waist, pulling down on the hips, and dragging down the internal organs of the abdomen, are the direct cause of so many weak backs, side-aches, and various kinds of displacements.

Perhaps your mental faculties are being overtaxed. You may be burning both ends of your candle, sitting up late at night, and expending nervous energy by overstudy or worry, when

both mind and body require rest. Do not go through life handicapped by loss of sleep and consequent inertia. Perhaps you need more physical exercise. Take it regularly, systematically, and at proper intervals. Good muscular development is attended with good digestion and a well-balanced nervous system.

Another means of undermining the healthy tone of the system, which we have thought to be quite as important, is a guilty conscience. "So doth conscience make cowards of us all." Distress of mind and remorse for guilt do not tend to make one physically well. Let us seek with Paul "to have always a conscience void of offense toward God and toward men."

St. Helena Sanitarium, Sanitarium, Cal.



Progress in Medicine and Allied Sciences

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

THE publication of the success of Finsen, of Copenhagen, in the treatment of tuberculosis of the skin, has been the means of encouraging investigations in various parts of the country, to adapt the light treatment to other tubercular conditions. The announcement by Dr. J. B. Murphy, of Chicago, a surgeon of world-wide reputation, that the X-ray treatment for Pott's disease, or tuberculosis of the spine, had proven highly gratifying in his hands, has been the means of arousing the spirit of investigation and research among many less liberal men. There are few medical men

who have not observed the influence of darkness and poverty and vice on the general health, and yet few physicians realize the importance of securing the brighter and better conditions, especially for localized tuberculosis of the bones. The time is not far distant when, for treatment of general or local tubercular conditions, more importance will be given to outdoor life in tents. Great benefit is derived, in addition, by exposing the affected part several times daily to the direct rays of the sun, at the same time giving attention to every means that will build up the general health.

In a paper presented at a recent meeting of the Northwest Medical Society, of Philadelphia, entitled "The Treatment of Epilepsy," the writer directed attention to the fact that the treatment of the disease must be largely prophylactic, by preventing the causes which give rise to the convulsion. He believed that much more could be done for the patients by careful attention to the diet, daily bath, sleep, and environment, especially in children, than by medical measures, and that these measures are particularly important if the child has a nervous disposition. He believed tea and coffee acted, in many cases, as inducing factors, and in some cases were the only causes of epilepsy in children. The great amount of mental work done by children, with the present school system, he believed, also, was accountable for a considerable number of cases.



Experiments so far with the new metal radium seem to indicate that it has a field in the therapeutic world. A cable press report from Vienna announces the radical cure by a series of exposures to the rays on a patient sixty-one years of age, who had long suffered from cancer of the upper lip, which had finally invaded the palate, and seemed hopeless of further relief. Only a small portion of radium was employed, something less than a sixth of a grain.



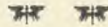
A cable to the New York *World*, from London, dated July 19, says: "Coming close upon the heels of the

debate in the house of lords, the London school board report of the degenerate condition of a large percentage of school children has caused a profound sensation. Two per cent of the pupils are declared to be so deficient as to be unteachable; ten per cent have such defective eyesight that they are thrown back in their work; in another ten per cent hearing is seriously defective, and one per cent have defects in their ears which lead to a fatal result. Classes have been opened in sixty-one centers for feeble-minded children, while the percentage of actual imbeciles has grown so that the asylum accommodations at present available are entirely insufficient. Early marriages, underfeeding, drunken parents, bad air, and neglect are mentioned as the cause of this terrible state of affairs. A royal commission will be appointed immediately to discover some remedy."

This is but another indication of the degeneracy of the race from the unnatural conditions of our lives. Our food, our clothing, our work, our recreations, and our general habits of thought, as well as actions, are opposed to nature's laws. Moral, mental, and physical inherited tendencies to vice, crime, idiocy, insanity, and every other moral weakness and mental defect, as well as the tendencies to physical disease and weakness, are bequeathed to children as a legacy from parents and more remote ancestors. The young man "sowing wild oats" and "seeing the world" never stops to think his children will reap the terrible harvest, the seeds of which oftentimes yield an hundredfold. Drunkenness, gluttony, licentiousness, gambling, the use of tobacco, and all other bad habits, fall to his category.

Who will undertake to write the pre-natal history of inmates of homes for feeble-minded, reformatories, of the multitudes of insane, of the great army of men and women who exist

instead of live, and whose whole life is a failure because their parents sold their birthright before they were born, and they had to live on worse than pottage all their lives?



Gout, Its Cause and Prevention

By Mabel E. Church, M. D.

FULNESS of bread and abundance of idleness" are said to be some of the sins of ancient Sodom, and it is easy to imagine that gout was one of the prevailing diseases, for it is the foe of the glutton and loafer. As a disease we know that it was known and described by the ancient Greeks. The word gout is derived from the Latin *gutta*, a drop, and was thus first used about the end of the thirteenth century. It was so named on account of the dropping of a morbid material from the blood into the tissues of the joints. First the cartilage, then the ligaments, tendons, and finally the connective tissue surrounding the joints, are affected. These chalky deposits of urate of sodium have also been found in the eyelids, nose, larynx, and ears. It is a disease of nutrition, and there is also uric acid in the blood, due either to increased formation or diminished excretion. From the blood it is usually deposited in the smaller joints, where it sets up an inflammation, and, as the disease advances, the deposit becomes larger, causing great deformity and stiffness of the joints, which also become red, hot, and swollen, and extremely sensitive. The kidneys become contracted, and also contain

crystals of urate of sodium. The walls of the arteries become hardened, and during an acute attack the body temperature is increased some three or four degrees.

An attack of gout usually comes on suddenly about midnight, with a severe pain in the ball of the great toe, which becomes red and swollen and so sensitive that it can not be touched without causing great pain. The paroxysm abates toward morning, only to be repeated the next night, and so on with gradually diminishing violence for five or six nights, when the attack terminates. One attack is usually followed, sooner or later, by another, until the disease becomes chronic. However, the second attack may, in many instances, be avoided by proper treatment, and a change of habits and diet. The disease often runs in the families of the epicurean, and thus the iniquity of the fathers is visited upon the children; but there are habits and modes of living which, if followed, may produce the disease when no hereditary tendency can be traced, and the avoidance of which will, on the other hand, go far toward weakening or neutralizing the influence of inherited liabilities.

As to the exciting causes, alcohol, in

all its forms, is the most prominent. Tobacco, tea, and coffee, as well as rich and highly seasoned food, are most important factors. In England the combination of poor food with defective hygiene, and an excessive use of malt liquors and flesh meats, cause what is known as "the poor man's gout" to be a common affection. However, gout as a disease is found most frequently among the wealthier classes, in consequence of their high living and indolent habits; more in men than in women, and usually in middle life. Occupation and climate have some influence on the attacks. They are always more frequent in winter, and are often avoided by a timely removal to a warm climate. The disease is more common in England and Germany than in America, but it is on the increase in this country. Acute gout is rarely fatal, but it is prone to reoccur, and when it becomes chronic it shortens life, by reason of the kidney lesions and the hardening of the arteries, which frequently accompany it. The only safeguard against gout, especially by those who have inherited a tendency or predisposition to it, is in temperate habits and a wise selection of food, with proper exercise. They should abstain from alcoholic beverages, also tea, coffee, and tobacco. All rich foods, gravies, pastries, spices, and condiments should be eliminated from their diet. Meat, eggs, and cheese should never be taken. The diet should consist of fruits, vegetables, and grains, and vegetable fats. Pure water should be taken very freely. The hygienic surroundings should be looked to. The dwelling and sleeping apartments should be well ventilated. Vigorous exercise should be systematically taken

each day, as it prevents defective oxidation, and aids in the excretion of uric acid. Walking in the open air is especially beneficial, but care should be taken not to exercise to the extent of great fatigue. The cold morning bath, followed by friction, should be taken regularly. Sudden atmospheric changes should be avoided, both by night and day. The clothing should be warm, but not too heavy. A good, healthy, active skin will do much toward eliminating the poison, and by drinking freely of pure water we may assist the kidneys in washing it from the system.

Sanitarium, Cal., June 15, 1903.

The Prevention of Snoring

KONRAD KUSTER has found that, with the exception of certain diseases, such as hypertrophied tonsils, adenoids, etc., which obstruct nasal breathing, snoring is only a habit which may easily be overcome. Snoring is due to the patency of the mouth during sleep; the snorer stops snoring as soon as the mouth is closed. The condition is aggravated when the patient lies on his back. The author constructed a bandage to hold up the lower jaw and to prevent its dropping during sleep. These bandages may be used on children who habitually sleep with their mouth open, thus producing catarrhal conditions, deafness, etc. They should be applied every night until the child has become used to nasal breathing.—*Medical Age.*

**SPECIAL VEGETARIAN
NUMBER**

of the Pacific Health Journal
OCTOBER, 1903



BY HENRIETTA BRIGHOUSE, M.D.

Artificial Feeding—Milk

FOR the baby who must be fed artificially, milk is undoubtedly the best substitute for its natural food. Yet it has its very serious drawbacks. One of the most serious objections to its use is its ready contamination from various sources. The cows may be diseased, and the disease conveyed through the milk. This is especially recognized as one source of tuberculosis. The milker may have some disease. Diphtheria, tuberculosis, typhoid fever, and kidney diseases may be conveyed from the milker or his family to the consumer of milk. Again, the water used for washing the milk-pans, buckets, and bottles, or for adulterating the milk, may be infected with germs of some communicable disease, which is conveyed to those who use the milk, an illustration of which occurred in the recent typhoid fever epidemic at Palo Alto.

Another source of contamination is unclean milking. Cows are milked in unclean barn-yards, without themselves being clean. Dust from the barn-yard, from the cow's udder and sides, drops into the milk. Notice this dust in the bottom of milk-pans, pitchers, and bottles. This dust is full of all kinds of germs,—from the intestines of the animals that inhabit the barn-yard, as well as from the ground itself. The colon bacillus is thus conveyed to the alimentary canal of the baby and

others, and causes intestinal trouble, varying from a mild irritation and catarrh, manifested by a simple diarrhea, to a deadly case of cholera infantum.

It is because of all these things that it is so necessary to sterilize milk. The sterilization is better than using germ-laden milk, when the source of supply is doubtful, or can not be controlled, yet it is a fact that heating milk, especially boiling it, does somehow change it so that it is not such a good food for babies as raw milk. While raw milk is usually dangerous, yet cooked milk does fail in giving as good nutrition as raw milk, in some instances.

With this thought in mind, it is well to know something of how good milk can be secured which may be safe without sterilization, if cooked milk fails to give good results. Of course this point is more easily controlled if one has his own cows. But the milk supply to cities ought to be so amenable to the city government that certain essential requirements might be enforced before milk is permitted to be sold.

First of all, every herd of cows from which milk is sold should be tested for tuberculosis, and they should be known to be in a healthy condition in every other way. The cows should not be confined, but should have a pasture in which to roam. Their water

supply should be from a good, clean source, and plentiful.

Next, the place of milking should not be the barn-yard. The ground is most unsuitable, for dust will always be stirred up by cow and milker alike. A clean place, with flooring that can be washed daily, preferably cement, should be provided.

The milker should understand the principles of cleanliness. He should have washable clothing, and be clean for milking. Hands, especially, should be clean. The cow must be carefully brushed, not the udder only, but the whole animal, and the udder and teats washed. When milking is done in this way, a minimum of germs gains entrance to the milk. The milk is now quickly strained and rapidly cooled by some modern method, and kept cool until delivered.

Those having their own cows can carry out these principles, and have milk that is reasonably safe, where it must be used raw. The usual place for milking is the barn-yard, covered, as it is, with manure. With very little trouble, a special shed for milking can be made, with a good floor, that can easily be kept clean with hose and water, used daily.

Having gotten the milk in as pure and clean a state as possible, the next thing is to maintain it so, and prevent the rapid increase of germs. The cooling process prevents the growth of the germs. The milk must be rapidly cooled to at least sixty degrees. In hot weather ice is absolutely essential, for the milk must be *kept cold* for good results. The place for keeping the milk is very important. There should be nothing in the milk-house that has any odor or that can decay. The milk-house must be perfectly

sweet and clean, without any decaying vegetables or foods of any kind. It should be cool and well ventilated.

It has been ascertained that milk supplied to cities, even with the best of these methods, will have ten to fifty thousand germs to the cubic centimeter, while milk which is gotten without precautions will have from one hundred thousand to millions of germs to the cubic centimeter. Is it a wonder such milk does not result in healthy babies, even when sterilized? For while heating the milk may have some effect on the nutritive qualities of milk, milk having millions of germs to the cubic centimeter has toxins in it, due to the germs, which sterilization can not change. Sterilization may kill the germs, but the poisons are there, and the milk is deteriorated. For this reason, even if milk is to be sterilized, it should be as free as possible from germs, and the same precautions should be used as if the milk were to be used raw. Some of the effects which are now supposed to be due to the heating may prove to be due to changes in the milk from this source.

If the source of the milk is good, the cows healthy and well-kept; if the milk-dealer and his workers are conscientious and careful, and if the milking is done properly; if the milk is kept cold until delivered and used, and if properly cared for after reaching the house, the milk may be considered comparatively safe for use raw. But since there is possibility that at some step in the process there may be failure of some condition required, it is always safer to sterilize milk, and sterilization should be preferred to the use of raw milk, except when it becomes necessary to use raw milk because of its superior nutritive qualities.

The Need of Homes for Tubercular Patients

WE are annually appalled at the mortality from tuberculosis, although there has been a slight reduction in the last decade. The bacillus which causes this disease is everywhere recognized. For several years sanitarians and physicians have been impressing upon the people the fact that these bacilli may infect any who may be so unfortunate as to take them into their system. So effectually has this fact been impressed upon a large number of people that the sufferer from this infection is to-day almost an outcast. Especially is this true if such person is without a permanent home or with but limited means; no one is willing to take him into his own home; he is shunned on the street; he finds himself a social vagabond. Sanatoria there are, but to gain entrance to these private homes one must have money in plenty. At present there are only three within our national domain that are in any degree asylums for impecunious sufferers.

We provide care, homes, attendance, and everything that is requisite to the proper maintenance of all our criminal classes, and for our insane. We have hospitals for the poor, ill with any other disease. Yet our legislators and philanthropists hesitate to appropriate money for persons suffering from this plague. However, when we compute the amount now expended in the care, with the loss in wages, of those suffering from this disease, it appears that upon a commercial basis it would be an especially economic expenditure for the state.

In the United Kingdom of Great Britain the majority of the 42,000

who die annually of pulmonary tuberculosis are between the ages of 20 and 40. The loss of earnings of this number is estimated at between \$50,000,000 and \$60,000,000 annually, while there is expended in their care for the same period \$5,000,000 more. With all of these facts before us, it would seem that, having succeeded in impressing the mass of the people with its communicability, we should take the next step in their education, which is the necessity of providing, not only care and maintenance for this class of sufferers, but, at the same time, the best means for preventing others from being infected. Compulsory notification stands first and should be insisted upon. When it is fully understood that, as soon as health officials are notified of the existence of this disease in any family, instructions will be given and enforced which will render it possible for the infected person to remain in the home without others becoming infected, then the infected one will not be an outcast branded for all to shun, and the great objection to notification is removed. When education has advanced a step further, and the public comes to appreciate that sanatoria for tuberculosis open to such as have unfortunately become infected the most promising avenue of escape from certain death, at the same time that they are additional safeguards against the spread of the disease, then will the *vox populi* demand that justice be done the impecunious sufferers in the establishment by the state of institutions in which in the earliest stage of the infection they may be placed, and thus

given all possible aid to recovery, and the enjoyments of social and productive citizenship.

We believe that it is also the duty of the state to provide homes for those of this class who, from any cause, have advanced beyond the period when recovery may be expected, thus soothing and comforting their remaining days, and giving additional protection to the community.—*Philadelphia Medical Journal.*



Some Suggestive Dishes

By Mrs. M. A. Fenner

Potato Dumplings.—Take two heaping cups of cooked mashed potatoes, one teaspoonful salt. Mix into the potatoes three eggs; then add one cup of flour. When thoroughly mixed, drop in spoonfuls into boiling hot soup, and cook in a double boiler one-half hour.



Granose Omelet.—Break three large or four small eggs into a bowl; beat them well; then add two heaping tablespoonfuls of flour and one teaspoonful of salt; beat well together; add one cup of granose, moistened with water; then add one-half cup of water (or milk, if preferred). Make your omelet pan hot; put a little oil in the pan, and pour in your omelet mixture; set in a hot oven, and bake.



Baked Potatoes with Dressing.—Pare and cook one large potato in two cups of water. When the potato is tender, pour the water over stale bread. Mash

the potato, then the bread; put both together; add one small onion and a sprig of parsley, finely chopped, and a little celery or sage. Salt, and add one tablespoonful of brown flour. Mix, and put in one end of an oiled baking-pan. Fill the rest of the pan with potatoes that have been pared. Dredge with two tablespoonfuls of flour; then pour over two-thirds cup of almond nut cream; salt to taste; cover with warm water, and bake.

Sanitarium, Cal.



EGG IN FELON.—The skin of an egg has been recommended in felons, but does not seem to be very efficacious. Dr. Whitman, in the *Medical Visitor*, says that for the last fifteen years he has used the whole egg, and has yet to see a case it will not cure, if it is a real bone felon. He uses it thus: Take a fresh egg and crack the shell at the larger end, making a hole just large enough to admit the thumb or finger, whichever it may be, and forcing it into the egg as far as you can without further rupturing the shell. Wipe off the egg which runs out, and bind around the whole of a handkerchief or soft cloth; let it remain on overnight, and generally the felon is cured; if not, make another application. Dr. W. has yet to see the case where it has failed, and would be pleased to hear from any one trying this where it has not cured.—*Medical Times.*

SPECIAL VEGETARIAN
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of the Pacific Health Journal

✻ ————— OCTOBER, 1903

The Cause of Poverty and Crime

By J. O. Corliss

THE fact that poverty and crime seem to go hand in hand in large cities shows that they have, to some extent, a common origin. Poverty often leads to crime because men feel in straits of desperation when hunger presses them. While there are many people in poverty who are so not for any fault of their own and who could not be induced to engage in crime to relieve their situation, it still remains true that with most people in poverty the fault is all their own.

There is more excuse for poverty in London than in the cities of America, for the reason that in London wages are at least twenty-five per cent lower than the average in the States, while the common necessities of life average very much higher. But even then, it is surprising to learn how many of the people of London who struggle against poverty are not obliged to do so.

A Mr. Booth has just closed a research of fifteen years in London along this line, and has embodied the results in a series of volumes, entitled "Life and Labor in London." His last volume has recently appeared, and in this are some things worth reproducing here for our study. Some of his concluding observations are as follows:—

"We see life cursed by drink, brutality, and vice, and loaded down with ignorance and poverty, while industry is choked by its own blind struggles, and education is still painfully mounting, and too often slipping back, from the first rungs of its ladder. We see religion paralyzed by its own inconsistencies, and administration wrapped

in the swaddling clothes of indecision and mutual distrust."

Another feature referred to is the degenerating influence this condition of things has upon family life. The assertion is made that one result is the loosening of home ties upon the children at a tender age, permitting them to wander from parental control, to gain a street education. Shocking language and evil manners follow, as the natural course.

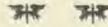
When such (both boys and girls) mature in years, they form the lower strata of society, the "submerged" part of the people. These are not ashamed to apply constantly for charitable aid in order to eke out an existence. Money advanced to them is quickly spent at the dram-shop. Even women are not ashamed to be seen drinking at a public bar. It is said that "they take it to carry them through their work. . . . Their drinking is largely due to their slavery at the wash-tub. . . . Nearly all get drunk on Monday."

Mr. Booth is sustained by the police in saying that the influence of bank holidays is bad on all classes. He says, "Holiday-making is spoken of as one of the most remarkable changes in habits in the last ten years." Another one testifies that "nothing can surpass the scenes of depravity and indecency that sometimes result."

No one can possibly save a few shillings from his scant earnings, but seems willing to spend it all in holiday-making, even though the home larder is quite depleted. It seems about the

same regarding strong drink and tobacco. Take drink from many of these people, and they seem ready to collapse, so much of a necessity has it become to them. Yet this has come to be one of the heaviest drains upon the laboring man's resources, and that which holds him in bondage to poverty. It finally comes to the point where desperation gets the better of

the man, when under temptation, and he enters upon a course of crime. Not long since the lord chief justice of Ireland remarked at the opening of the Limerick Summer Assizes that seventy per cent of the crime in Ireland is due to drink. Surely there is a crying need of health and temperance reform, especially in cities where so much temptation abounds.



Rise above It

WHATSOEVER mars your life,
Rise above it.
Whatsoever brings you strife,
Rise above it.
Whatsoever gives you fear,
Whatsoever makes you veer
From the path of duty clear,
Rise above it.

Whatsoever checks your growth,
Rise above it.
Be it selfishness or sloth,
Rise above it.
Whatsoever bars your soul
From its kingdom of control,
Keeps you from the final goal,
Rise above it.

In your past has error been?
Rise above it.
Be not slave unto your sin,
Rise above it.
Set your face unto the dawn.
Cry your motto, "Onward, on!"
Never mind the thing that's gone.
Rise above it.

Do you meet the mocking crew?
Rise above it.
Prove it false by what you do.
Rise above it.
Give out love and strength and light,
And the carper's petty spite—
All will vanish out of sight.
Rise above it.

Naught without can keep you back,
Rise above it.
In yourself is all the lack,
Rise above it.
There is nothing that can mar
Life for you but what you are;
If there's any inward bar,
Rise above it.

Be the master. Quell the beast.
Rise above it.
Till the voice of self has ceased,
Rise above it.
This is truth the sages taught,
Evil rests within your thought.
Rise above it.
—J. A. Edgerton, in *Critic and Guide*.



The Next Issue of the PACIFIC HEALTH JOURNAL

WILL BE A

Special Vegetarian Number





"Smile, Woman, Smile!"

By Helen A. Steinhauer.

[Battle Creek, Mich., in *Pathfinder*.]

My dear, dead mother scarce would recognize
 This haggard face, these dreary, mirthless eyes,
 The anxious brow, beneath the graying hair,
 Once glossy brown, her pride and special care.
 Friends of my youth would startled gaze
 To see the changes—less of time and place
 Than circumstance. A lonely, bruised heart,
 And weary, painful days, all bear a part
 In changing her whom they of yore
 Called "Sunshine-maker"—now, alas! no
 more
 Courted and praised for bonnie, blithesome
 ways,
 As in the old and happy girlhood days.
 Smile, woman, smile! What if thy heart be
 sore
 Burdened and sickened, saddened to the
 core?
 Smile, woman, smile! For friends depart

When faces shadow forth the tingling smart
 Of secret suffering.
 Smile, woman, smile! Expected 'tis of thee
 To set thy griefs aside. Know, friends do
 flee
 From saddened faces such as thine, nor care
 To linger but to have thee share—*nay, bear-*
Their sorrows.

Smile, woman, smile!

For Jesus knows; and in a little while
 Love, rest, and home—where lonely wand-
 d'rings cease—
 Where friendship deepens, and where joys
 increase—
 Where pain and sadness are fore'er un-
 known—
 Where no tears fall, before God's great,
 white throne—
 Heaven's bliss shall amply make amends to
 thee
 For all the ills and grief which now must be.



What a Daughter Can Do in the Home

By Mrs. W. S. Sadler

LET us now conclude our talk of last month to the girls by mentioning last, but by no means least to be thought of, our duty to mother. Some one has said that the profession of daughter is the highest and noblest a young woman can follow until she exchanges it for that of wife and mother. Wifehood and motherhood are best prepared for during the days of girlhood

at home with the mother, who is better qualified than any one else to guide and influence the growing daughter. Mother and daughter should be the closest of friends. Yet in but too many instances, sad to say, the opposite is the case.

"How many of you girls are really acquainted with your mothers?" was a question put to a company of twelve

young women. Eleven of them dropped their heads, some with moistened eyes, while but one answered, "I am." How sad that only one of the twelve enjoyed the precious experience of "knowing mother"!

The idea seems to be abroad that girls should study music, be acquainted with the classics, understand Greek and Latin, have a general idea of art, etc., etc. This popular opinion is responsible for taking many young women from under the influence of a mother's wide range of experience; for, as a rule, we find the true mother more interested in the commonplace and practical affairs of life than in the so-called "accomplishments."

True, it is not always the girl's fault that she is not a coworker with her mother in household duties. Frequently, on desiring to help in some way, she has been told that it was too much trouble to show her how; so she has left the kitchen workshop, and gone to the piano, or taken up some favorite book, or her fancy work. But this is too deep water for us just now, and we must return to what a girl can do in her home.

Girls, insist on being given a definite task to perform, and ask to be held responsible for it. Although it may be small to begin with, let mother and other members of the family see that you can be trusted to do it. Ere long your responsibilities will be greater, and you will find mother seeking your counsel in many matters pertaining to the welfare of the home.

One young woman was deprived of a position she eagerly coveted, because, on being questioned as to her general capabilities, it was found that she had no knowledge of the fundamentals of a practical life, which were

so essential. In relating to us her experience, she remarked, pathetically: "I know nothing of ordinary practical life. My mother scrubbed while I studied Shakespeare." But her knowledge of Shakespeare did not qualify her to meet the stern realities of every-day life, and she was compelled to content herself with a position far beneath her tastes. Accomplishments are luxuries, but a knowledge of every-day duties is indispensable.

Sister, keep close to your mother. Let her know you love her. I am reminded here of an adage which, though old, is as true to-day as ever, "Actions speak louder than words." By thoughtful acts show that you sympathize with and love her. Do not wait until you are away from home, and have to write it. Let her know it *to-day*. The heartfelt sympathy and affection of a daughter doubles a mother's joys, and cuts her sorrows in half. Make your presence agreeably felt in the family. Be as polite to "your own" as to a guest or friend. Make every member of your family feel that you are happy when doing anything for them; and, above all, trustfully and hopefully believe in the sincerity of every one of them. Then yours will be a happy home, the influence of which will be felt all through your life, and you will ever be a gentle, sympathizing friend and helper wherever you may go.

It is not the work, but the worry,
That makes the world grow old,
That numbers the years of its children
Ere half their story is told;
That weakens their faith in heaven
And the wisdom of God's great plan.
Ah! it's not the work, but the worry,
That breaks the heart of a man.

—Selected.

Woman's True Sphere the Happier

No young woman can afford to shut her eyes to the real life and the demand of love in the home. Her relation to home and its love is one of the most sacred obligations in human society. It is included in the plan of creation. It is the natural destiny of most women. No sphere is given to any mortal with equal possibility for influence or joy. The emancipation of womankind is not to come through the desecration of the home; that would be the degradation of the race. The widening of woman's field of activity must not and will not be productive of this baneful result. The beautiful word "*home*" must be written either in capitals or italics, and pronounced with emphasis and treasured with care. The ambition to destroy the capacity of noble wifedom or motherhood is most unholy. Love will never permit it. The suggestion itself is enough to frighten us and darken our outlook on the future.

"Sit still, my heart, sit still and rest;
Home-keeping hearts are happiest;
To stay at home is best."

She is a renegade from righteousness and happiness who speaks or acts in opposition to the sanctity of home life and woman's first place in it. Two daughters of the same parents, and with the same opportunities and advantages, begin life with opposite plans and purposes. One says: "I will be independent and earn my own living, and not ask any man what I can do or where I can go. I will not be tied down to a home and children." She follows her pathway and the years follow her.

The other daughter makes no such resolve, but respects life in the home circle, listens to the voice of love, and looks forward to having her own home and a life with and for others. She made her heart's choice, and the home is established, and the toil begins. The burdens are not few; the cradle is purchased, the circle enlarges, but with it comes peace and joy. Years bring silver into the dark hair and the beginning of wrinkles in the smooth face. She is happy and contented in being surrounded by those who love her and would die for her.

Her independent sister is still independent, but alone. She is old now, with no one to pay her attention or give her affection. The first years were brighter than these last. Which is the nobler and divine ambition?



THE cultivation of a cheerful disposition is one of the greatest blessings given to wedded affection, and of itself almost guarantees marriage against failure. Joy is contagious, and the one life must carry it to the other, and press the cup from the clear, sparkling spring to the thirsty heart. Kindness and good cheer must not be locked up or checked in their musical flow; we often dam back the singing stream while disease and death gather in the heart's pool. Happiness must be used and kept in circulation to be of value; above all things, it must circulate in the chambers of the home.



THERE is a growing desire on the part of our women for a wider field of action than that permitted by the four

walls of a home. Every good thing has an evil side in this world, and still remains imperfect. The rapid advance in the education of young women, the opening of new fields of employment and opportunity for earning a livelihood, have created a desire with many women for a so-called career other than that of their ancestors. But this very ambition has called for the sacrifice of some of the most precious and prized treasures of the world. To these ambitions the marriage altar has often been sacrificed by those who were by nature best fitted to wed.

—*Rev. Cortland Myers, D. D.*

young girl, was much annoyed by the attenuated appearance of her arms when she began to don evening dress at her crowded concerts. Some one recommended a brisk use of the broom, which advice she followed, and soon had round, plump arms as the reward of her labor. If a thin, listless girl, with a dull eye and poor health, can by any means be persuaded to try the "broom cure," she will be astonished to find what a beautifier it really is. Housework is far better than medicine.

—*The Young Woman.*

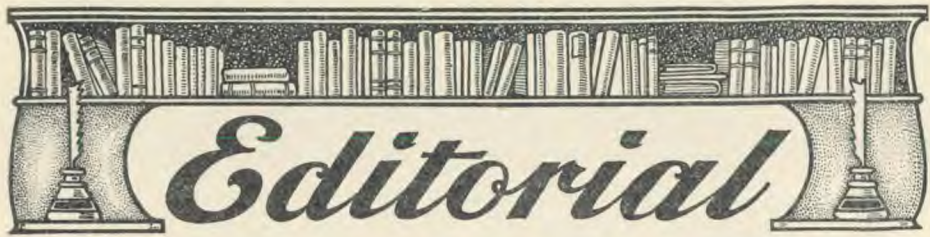
Value of Housework

IN an article on "The Lady Who Does Her Own Work," Mrs. Harriet Beecher Stowe dwells on the value of housework in giving the very healthiest form of exercise, and for the average woman shows it to be far preferable to the work of the masseurs, who, even in those days, more than thirty years ago, seem to have found plenty of patients. "Would it not be quite as cheerful and less expensive a process," she asks, "if young girls from early life developed the muscles in sweeping, dusting, ironing, rubbing furniture, and all the multiplied domestic processes which our grandmothers knew of?" And then adds: "I will venture to say that our grandmothers in a week went over every movement that any gymnast has invented, and went over them to some productive purpose, too."

Here is a hint which women with thin arms would do well to take. It is said to be really a fact that Clara Louise Kellogg, the singer, when a

Woman's Touch

A WOMAN'S touch is very soon discovered in the arrangement of a dining-room, the appointments of the table, though of the most ordinary kind, the neatness, the spotless purity of the table linen, the polish which the coarsest ware will show if properly washed and wiped, the arrangement of the dishes—all these tend to show the deft hands, the fine taste of the woman whose charge it is. By fine tastes we do not mean acquired ones. Many a girl or woman who could not quote a line of Lowell, or use a French phrase, to save her life, may possess a nature refined and beautiful enough to make itself felt in all the drudgery of her daily life. In these days, when many people are judged by their outward appearance, it is well to look at their home life. Not that it is necessary for every woman to make bread, and wash dishes, but the lady who can do such things properly, should occasion require it, is far more ladylike than she who looks upon it as menial labor, fit only for the coarse and the ignorant.—*H. J. Seaman.*



Circumstances Affecting Digestion

THE MENTAL CONDITION.

It may seem almost superfluous to say much concerning the influence of the mind upon digestion; yet no subject is more important and none so imperfectly understood. The mental condition which is depressing the digestive functions may be entirely unrecognized. For instance: Some mishap or disappointment overtakes a susceptible individual. He thinks he is treating the matter philosophically and not worrying over it; and yet he may experience a severe diarrhea, or loss of appetite, or heaviness after meals, with other dyspeptic symptoms. He may be some time recovering his equilibrium, notwithstanding a most careful regulation of diet. Such cases yield readily to some radical change which takes the mind into other channels, such as a camping trip, a sea voyage, a visit to a distant, but dear, friend—anything, in fact, which completely diverts the mind without taxing it, especially if the new surroundings tend to a state of mental rest and happiness. It does little good to say to such people, "Cheer up." They may not realize that they are not cheered up. It should be the work of some good samaritan to take in the situation, and, without explaining why, plan an outing or a trip for the sufferer in such a way as to relieve him of all care.

One reason why camping trips and outings sometimes do not do more

good is that the campers let their business cares follow them up. Their mails are sent to them, and they are in reach of telephone and telegraph. The sensible man, in need of rest will plan his work so he can go out where mails will not reach him, and then forget that he has any business.

Napoleon was a man with immense responsibilities, and yet when the time for sleep came he could stop the work in his massive brain, and sink into oblivion. Many men, and women, too, with much smaller burdens, lay awake nights, with wheels buzzing away in their heads, and of course they can not have good digestion. The cause must be removed before a cure can be realized.

All unpleasant moods, as anger, envy, jealousy, hatred, mortification, are paralyzing in their action. No one can afford to indulge them even though he is living only for this world, for they unfit one for the duties of this life as well as the life to come. Every unpleasant emotion, it is said, poisons the fluids of the body. The infant taking milk from the breast of an enraged mother may be thrown into spasms. How about the self-poisoning which is going on in the mother? It is probable that every tissue suffers as the result of these abnormal and unpleasant mental states.

A fit of anger will stop digestion perhaps for hours. A severe disappointment will completely destroy the

appetite. Food eaten under such circumstances is poorly digested and assimilated. In fact, it is much better for one to fast when in a depressed mental condition. The best way, though, is to so change one's surroundings that the mind will be completely turned into other channels, and then it will not be needful to fast.



Legumes

THESE include peas, beans, and lentils. Peanuts, also, belong properly to the group, though they are usually classed with the nuts. The prominent characteristic of the legumes is their richness in nitrogenous or tissue-forming matter, which fact has earned for them the name "poor man's beef." The tissue-forming part of the plant is called legumin, or vegetable casein, from its strong resemblance to the casein or curd of milk. In fact, legumin has been extensively used in Japan, China, and elsewhere in the manufacture of "bean cheese."

This vegetable casein is easily precipitated by lime salts, forming an insoluble compound. For this reason, beans, peas, or lentils cooked in "hard" water (containing lime) do not become soft, but remain tough. If sufficient soda is added to the water to precipitate all the lime before adding the legumes, it precipitates the lime and "softens" the water so that the legumes will cook up soft. If the hardness of the water is due to the presence of magnesia instead of lime, it will not precipitate the casein.

The tendency of the legumes to cause flatulence is said to be due to the large proportion of sulphur they contain, the sulphur compounds being

in the intestines broken up with the formation of hydrogen sulphid gas. Sulphur is most abundant in beans and least abundant in lentils.

The legumes or pulses are "hearty" foods, requiring considerable vigor of digestion, and hence are not altogether suitable for a person of sedentary habits; but for a person of active occupation, they form a very acceptable and nutritious food. They may be combined with grains and some fat, as neither the grains nor the legumes contain fat in appreciable amounts. Bread, butter, and beans, for instance, might form the basis of a meal both economical and highly nutritious.

Dried beans are rendered soft by prolonged soaking in cold, soft water before cooking. This also dissolves out a bitter principle in the beans, which is objectionable to many people. On the other hand, prolonged soaking dissolves out a considerable proportion of the nutrition of the bean.

While the dried legumes in the raw state have a high food value, as they are usually cooked the food value is comparatively low, dropping from 85 or more per cent to about 20 per cent, on account of the large proportion of water they have taken up.

The pulses, then, are not adapted to use as an exclusive dietary even in health, but as a valuable source of nitrogen they may form part of the bill of fare of healthy people, pursuing an active life.



MRS. M. M. ALLEN, superintendent of the Department of Non-Alcoholic Medication for the National W. C. T. U., 348 Delaware Street, Syracuse, N. Y., has issued an 8-page leaflet on the danger and harmfulness of patent

medicines, which should have a large circulation. It is furnished, post-paid, 2 cents single copy, or 75 cents per hundred.

The patent medicine business is a curse, and nothing but a curse; but, like most evils, it could not exist were it not that the people receive it with open arms. As long as the masses have a vague idea that disease is something to be driven out by some potent agency, the patent medicine man will grow fat as a result of his audacious claims. Some of the statements made by these men whose business it is to thrive on the distress of others are so preposterous that it is difficult to conceive how intelligent people can be misled by them. But it is true that many, who in other ways give evidence of good sense, show a lamentable lack of judgment in using some of these conscienceless compounds.

As Mrs. Allen well says: "The main reason why so many people use these mixtures is the popular supposition that drugs cure disease. This is a great error. *Drugs never cure disease.* Nature alone has power to heal." A good example of the potency of these concoctions *over the mind* is shown by the man who wrote a testimonial for a popular tonic remedy in the following terms: "I can heartily recommend ———, for I have been using it constantly *for the last ten years.*" It stands to reason that, if there were any curative effect in it, it was wonderfully diluted, so that he had been ten years getting cured, and was still at work on the proposition. The fact is these remedies, most of them, act like whisky. They "brace a fellow up" for the time being; but as the action is only temporary, and followed by a reaction, the bracing

must be repeated with gradually increasing doses.

In January of this year the Massachusetts Board of Health examined a number of nostrums for Mrs. Allen, and reported the following weight percentages of alcohol: Peruna, 23.46; Viriol, 15.33; Swamp Root, 5.87; Lydia Pinkham's Vegetable Compound, 16.77.

The *Boston Medical and Surgical Journal* also gives percentages of alcohol in certain invalid foods, as follows: Liquid Peptonoids, 18.95; Hema-peptons, 10.60; Nutritive Liquid Peptone, 14.81; Tonic Beef, 15.58; Mulford's Predigested Beef, 19.72. Is it a wonder that these things temporarily "brace up" a patient, only to let him down afterward, and cause a demand for alcoholic beverages?

The percentages of alcohol in some of the extensively used sarsaparillas are given as follows: Corbett's, 8.8; Brown's, Dana's, and Allen's, 13.5; Hood's, 18.8; Thayer's, 21.5; Ayer's, 26.2. Bitters are simply bitter herbs dissolved in an alcoholic menstrum. Many people who consider themselves abstainers use these compounds, which contain more alcohol than the strongest wines. "Malt extracts" (we do not refer to the syrupy extract, but to the bottled liquid) not only have no action on starch and practically no food value, but "all are alcoholic, some being stronger than beer, ale, or even porter."

There are other patent medicines which, though they contain no alcohol, are fully as harmful as those that do, if not more so. For instance, the headache powders, composed of acetanilid, have sometimes caused sudden death. Many of the remedies for cold contain some form of opium, which

relieves irritation and lessens cough, but stops secretion, and so shuts the fast-forming poisons within the body, thus working against nature, and making a bad matter worse. Other cough remedies contain cocaine; and by their use is sometimes started a habit far worse than that of either alcohol or opium.

In a word, the manufacturers of patent medicine are unscrupulous men who, by means of skilfully-worded advertisements and testimonials, call the attention of the unthinking public to their wares; and once a habit is formed, they are pretty sure of steady, paying customers.

Amassing wealth through the woes and distresses of their fellow-men—what words can characterize such baseness? And the druggists who handle such things—knowing better, as they surely do if they know their business—are a party to the fraud.

THE health officers of Chicago are determined to protect the lives of the citizens from contaminated milk, as may be observed from the following notice, which has been posted on the milk platforms at the railway stations:

“Shippers’ cans must be returned to farmers clean and dry. All vessels used in handling milk should be scalded or sterilized daily. All milk-bottles should be washed with hot soap-suds, rinsed in clean water, and then sterilized in boiling water or live steam before milk is put in them. No dealer can expect to hold his bottle trade unless he does this. If possible, every dealer should visit the farm where his milk is produced, so he can assure his customers that it is produced under clean and healthy conditions.”

The following notice is for shippers: “Milk-cans must be clean inside and out. No matter how clean a can looks, before using it should be washed with hot soap-suds, rinsed with clean water, and then scalded. Milk shipped in dirty cans is liable to confiscation.”

A MOVEMENT is on foot in Illinois to adopt refrigerator cars for the handling of the milk supply, with coolers at every station, and sterilizers for empty milk-cans. These measures, if adopted, will undoubtedly do much to reduce infant mortality in the large cities.

DR. A. C. ABBOTT, the Philadelphia bacteriologist and health officer, believes that it is a disgrace that the city should be continually harboring new cases of smallpox, and he is now working to secure more general vaccination. He asks the managers of the hospitals to refuse admission to all who have not been vaccinated within five years and who refuse to be vaccinated. It seems that smallpox is now on the increase in Philadelphia.

PHILADELPHIA, which has recently passed through a scourge of typhoid fever, is considering the feasibility of changing its sewage system, so that, in place of polluting the river with the filth of the city, the sewage will be passed through filter-beds, the residue being dried and sold for fertilization. The filtrate returned to the river would contain practically no contaminating material as compared with the present condition.

IN connection with a recent report from England regarding the spread of typhoid fever from the sale of thousands of blankets from the South African War, many of which had been used to cover typhoid cases, without subsequent sterilization, we note the comment of the *London Truth* on the fact that in Bengal infected clothing and blankets had been re-issued to the government native bakeries, the clothing for use of the bakers and the blankets to cover the dough. It is said this practise had been going on for two years. And this by officers of civilized, "Christian" England!



A HEALTH officer of Cambridge, Mass., prefers renovation to disinfection of rooms occupied by consumptives, as being easier, more effectual, and more pleasing to the new tenant. He advises that the walls, ceiling, and woodwork be thoroughly washed with a strong, hot solution of washing-soda, after which they should be calcimined, papered, or painted.



THE entomologist of the U. S. Department of Agriculture, Dr. Howard, calls attention to the house-fly as a transmitter of disease, especially ty-

phoid fever. He suggests absolute cleanliness of stables and stable yards as one important means of lessening the number of flies.



THE writer is becoming more friendly to sugar as he grows older. He is convinced that some in observing the evil results of an excessive use of sweets have condemned too freely the moderate use of sugar. Sugar is harmful in that it is often eaten to please the palate when the system already has all the food it can take care of. Being most readily oxidized, it is burned up first, leaving other food materials in a semi-oxidized condition, to the great detriment of the eliminative organs. When eaten at proper times and in small quantity, not in excess of the oxidizing power of the body, it is not likely to do harm to the normal individual.

A French physician has been experimenting with sugar as a food in fever. He gives daily a little over three ounces of sugar in five times its weight of distilled water. Careful observation and examination of the excretions in the cases tried by him showed that while on the sugar diet the breaking down of the body tissues by the fever is greatly lessened, as is also the production of poisonous products in the blood and excreta.



Fraudulent Catch-Penny Medicine

IT is, we doubt not, quite hopeless to look for the millennium in these first years of the twentieth century. Just so long as there are individuals who can be reached by the revolting advertisements constantly displayed in

the daily press, it is not surprising that there should be a credulous public easily caught by more decent schemes to deceive, though often even more fraudulent.

It is a strange condition of affairs,

but none the less true, that any active campaign having for its purpose the education of the public upon important hygienic subjects is at once made use of by the unscrupulous, and often with great material success.

The agitation upon the danger from tuberculosis, incident to every-day life, has been far-reaching. It is perhaps not natural that the name of one of the world's most distinguished scientists, known to rich and poor alike for his connection with the work upon tuberculosis, should be used to catch the unwary. That it is nothing short of sacrilege, however, must be admitted by every one. A case in hand has recently come to our notice in connection with the widely-advertised Koch lung cure, and may serve as a striking example of the point we wish to make.

Mr. A., the subject of rather distressing asthmatic attacks, fell into the hands of this latest "disciple of healing," and in the preliminary "free consultation" was duly impressed with

the seriousness of his condition, and the undoubted tubercular character of his fatal malady, which could only be relieved by their methods of treatment.

In order to give the imagination play, three days were allowed for a careful consideration of the gravity of his condition and the importance of undergoing treatment for its relief. If it was decided to accept this charitable offer within the first three days, the fee was but \$40, to be paid, of course, in advance. If, however, the decision to undergo treatment was not reached until after the expiration of three days, the fee jumped up accordingly. Happily, in this instance, the victim was spared by the timely intervention of a small pamphlet published by the New York State Society for the Prevention of Tuberculosis.

In view of these facts, we should be spurred to the keenest effort to so educate the masses that they may learn to distinguish the real from the fraudulent.—*Cleveland Medical Journal*, July, 1903.



Physical Culture in the Daily Occupation. No. I

By Augusta C. Bainbridge

IN THE BEGINNING.

AS God, the Creator, is the Author of physical life, and as His Word is a revelation of His thoughts, and given to us in a language we can understand, we turn to it for our instruction in physical culture; for physical culture is simply a cultivation or preservation of our physical powers as they were originally given.

Let us see how it was in the beginning. We find the plan of the Creator was a godlike man, with mental

and physical powers of such breadth and strength that he would be fitted to rule over the newly-created earth and all its productions and inhabitants. Gen. 1:26. This man was created according to this model, and the command given him to fulfil the design of his creation. This not only included the care of the world as it then was, but a replenishing of its productions, a multiplication of its creatures, and a subduing of these, that the dominion might be continuous and com-

plete. Gen. 1:27, 28. We also find that he was given a perfect diet, in fact, the only diet that would furnish strength to accomplish this. Gen. 1:29.

But that was not all. We find that in the great council of creation, when the earth, with its orderly arrangement of grass, fruits, beasts and birds, was finished, there was not a man to till the ground. Then this godlike man was formed of the dust of the very ground he was designed to till. That would, of necessity, determine a harmony between this earthman and the earth, his dominion. Hence, God's wisdom planned the shape and structure of every bone, the articulation of every joint, the attachment of every muscle, the pathway of every nerve, and the nourishment of all these, in order that the physical culture He had designed for man should be found by the exercise of the powers within himself, and that, too, in the occupation He had given him.

The first physical culture lesson that ever was given, then, was given to man and woman, side by side, in their Eden home, to dress the garden "and to keep it." Gen. 2:15. This was manual training, or industrial education of the highest order.

Perfect symmetry would be preserved. Every muscle would not only be used in harmony with every other muscle, but with every other part of the body, and every faculty of the mind. The incentive to do perfect work would be paramount, in view of

the love of the Creator in making such beautiful results possible. Honesty, faithfulness, punctuality, and every other moral attainment, found its physical handmaid ready to cooperate in its development. And this cultivation kept at par the physical powers of the man and woman that God had made and pronounced good.

From our first lesson we have learned



that physical culture of the greatest benefit to man, fitting him for the grandest achievements possible, is found in the occupation given him when he was at his best. Anything less than this would be an impeachment of the wisdom of the Creator. To create man for a certain end would necessitate giving him an occupation that would lead to that end. The heights

and depths and length and breadth of mental and moral ability necessary to cope with the problems that must come into the life of man in fulfilling the design of his Creator made necessary also a physical culture that would ever keep him sound and whole as when he left his Maker's hands. To be true to Himself and the objects of His love,— for creation is only love expressed,—

No; it brought them closer; for the blessing of labor, even to the extent of the sweat of his face, now made an increase of occupation necessary. For man's sake, for his better education, under the circumstances, the ground became less productive, and it required a closer study of conditions, as well as a stronger contraction of muscles, to urge the earth to yield her increase.



the God of heaven could give only the best. We find this was a daily occupation for definite results a physical culture that was needed for his development, that he might enjoy his beautiful home and blissful condition forever.

But a change came, and it built up a wall between man and his God. Did it take away his need of exercise? Did it separate him from his occupation?—

Man did not understand this, has not understood it, does not even now, in the blazing light of the twentieth century, understand it. He is ever seeking to climb up some other way. He tries to find an occupation that is not work. Then we find a race of men shriveled in body, weakened in mind, and degenerate in morals, as a result. Is there a way out?

THERE are one million blind people in the world. The largest proportion is found in Russia, where nearly 200,000 walk in darkness. The chief causes are bad ventilation and inadequate treatment. In the world there is one blind person to every 1,500 inhabitants.

WINTER DIET.—Foods for the season should be substantial, furnishing an abundance of heat-producing material. The cereals should furnish the bulk of the foods with more oily food than in the summer. It is not necessary to load up with non-nutritious material for bulk, as in summer, so the consumption of vegetables and fruits should be less.

PACIFIC HEALTH JOURNAL

MONTHLY—DEVOTED TO
FAMILY HYGIENE AND HOME COMFORT

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

H. H. HALL, Business Manager

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

VOL. XVIII.

Oakland, California, September, 1903.

No. 9.

OUR business manager, who is on a trip East, visited the sanitarium at Portland, the treatment-rooms and restaurant at Seattle, the food store and treatment-rooms in Salt Lake, and the vegetarian café in Denver, Colorado. He reports first-class meals at the restaurants, and flourishing business at the sanitarium and treatment-rooms. Dr. W. R. Simmons informed him that Dr. W. B. Holden, professor of surgery and anatomy in the American Medical Missionary College of Chicago, has permanently connected with the medical staff of the Portland Sanitarium.

Dr. A. Q. Shryock, who is in charge of the treatment-rooms at 612 Third Street, Seattle, had all the work he and his staff of helpers could attend to, while the restaurant, which is next door, was well patronized.

Dr. Gardiner, of Salt Lake, needs more help to carry on his increasing patronage, while Mr. Felt, manager of the food store at 63 East First South, reports business as somewhat quiet during the summer months.

A VERY enjoyable dinner was given by the manager of the St. Helena Sanitarium to a number of the friends and guests of the institution during the last month.

It was a matter of surprise to many in attendance to learn what a variety of delicate and delightful dishes can be prepared without the use of flesh.

Each course, as it was temptingly served, was a surprise to nearly all present, as few had any idea that so many different dishes, all of which were delicious, could be prepared from nuts, fruits, and vegetables. Every course was thoroughly enjoyed, and the guests were loud in their praises of the banquet, and grateful to the management for the opportunity of tasting a few of the many dainty things that can be prepared from the health foods used at the sanitarium.

Mr. E. G. Fulton, who is to be congratulated on the elegant spread prepared for the occasion, is at present pushing to completion a vegetarian cook-book, which promises to be second to nothing yet issued. A number of excellent vegetarian cook-books are already on the market; but those who have had the privilege of taking meals at the Vegetarian Café, San Francisco, will want *this book*. We shall have more to say regarding it later.

After the banquet the guests expressed their thanks to Mr. Bowen and the physicians for the pleasant evening and took their departure well pleased with the entertainment and banquet afforded.

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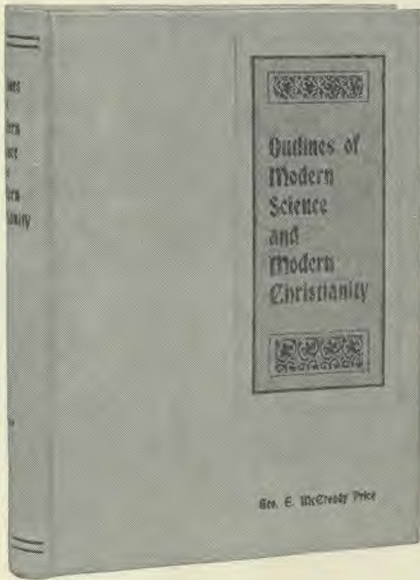
This varied and long experience makes him a strong writer on the subject in hand; and as we read the book we are impressed that he is imparting good, sound instruction that will be appreciated by many fathers and mothers.

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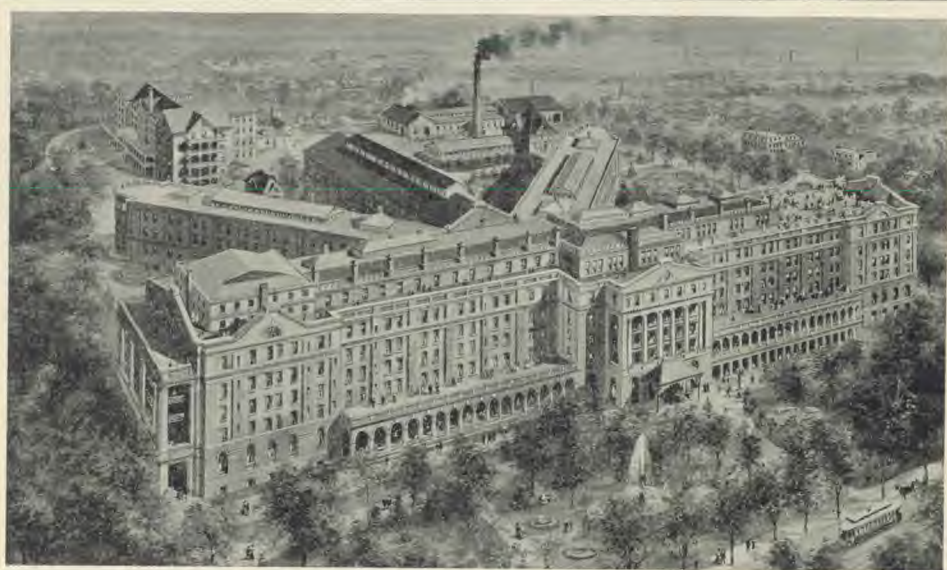
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