

PACIFIC HEALTH JOURNAL

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Fifty Cents per Year

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

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ALCOHOLISM

The January Number of the PACIFIC HEALTH JOURNAL will be devoted to the liquor question, more especially the medicinal use of alcoholic preparations. It will be a very strong number. Among the articles which will appear are the following:—

Is Alcohol a Food? By T. D. CROTHERS, M. D., superintendent Walnut Lodge Hospital, Hartford, Conn. (an institution established for the care of alcoholic, opium, and other drug inebriates), and a well-known writer on the medicinal use of alcohol.

Is Alcoholic Medication Necessary? By N. S. DAVIS, A. M., M. D., LL. D., of Chicago, for many years president of the American Medical Temperance Association, and a prolific writer on the subject of alcohol. Dr. Davis has been engaged in the practice of medicine successfully for more than 50 years in Chicago, using no alcohol whatever in his practice.

Physiological Effects of Alcohol. By C. E. STEWART, M. D., professor of physiology American Medical Missionary College of Chicago, and assistant editor of "Modern Medicine."

Mental, Moral, and Social Aspects of Alcoholism. By W. S. SADLER, whose well-known work in the slums of Chicago has eminently fitted him to prepare this paper.

Masked Alcoholism. By T. J. EVANS, M. D., Superintendent St. Helena Sanitarium. Some of the disguises under which alcohol is used.

Some Untoward Results of Alcoholic Prescriptions. By A. J. SANDERSON, M. D., well-known to the readers of the HEALTH JOURNAL.

This number will find ready sale among temperance people

Pacific Health Journal

Capital and Labor

The most Perplexing Problem of the 20th Century

Can the Problem be Solved?

What will be the Final Outcome?

Some of the Subjects to be Considered

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|--|---------------------------------------|
| 1 The Fundamental Differences between Capital and Labor. What is necessary in order to a permanent settlement and peace? Capital's Side.—Some Representative of Capital. Labor's Side.—Some Representative of Labor. | 3 Christian Union versus Trade Union. |
| 2 Individualism.—The Human Unit. | 4 The Great Strife for Power. |
| | 5 The Oppression of Wealth. |
| | 6 Dangers and Warnings. |
| | 7 How Came this Great Conflict? |
| | 8 Utterances from Eminent Men. |
| | 9 Statistical and Biographical Data. |



Labor Union Parade, Chicago, Sept. 7, 1903

A Live Question of Interest to all

The relation of Capital and Labor is acknowledged to be one of the most perplexing problems of the 20th century. Never before in the history of our world was there so much agitation over the subject as now. Never before were the laboring classes so well and so thoroughly organized as now. Never before were there such gigantic combinations of capital and moneyed interests as now. Never before was there so much discontent among the laboring classes as now. Never before was there such a large and general demonstration by laboring men all over this country as on Sept. 7, 1903.

What Do These Things Mean? What Will be the Final Outcome?

The whole question will be treated in a fair and impartial manner
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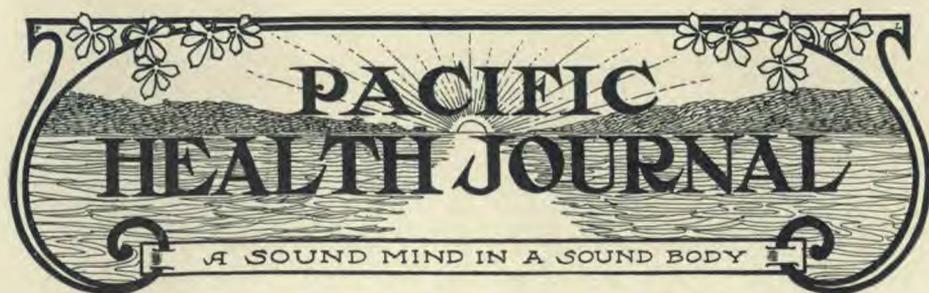
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Vol. XVIII.

Oakland, California, November, 1903.

No. 11

Some Objections to Vegetarianism Answered

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

"Vegetarianism does not give strength to the body as does meat, and causes a sensation of weakness."

THE use of flesh foods has become so common among civilized nations that the belief is quite current that meat eating is essential to life and health. Even people of intelligence are met who are surprised to learn that one may maintain superb health on a non-meat diet. It does not seem to be generally known in this country that whole nations exist with scarcely a taste of meat, and that the number of vegetarians in the world exceeds the number of meat eaters; that the peasant classes in many countries, who through choice or necessity subsist almost entirely on the products of the earth, are, as a rule, possessed of a better physique and greater endurance than their "more fortunate" neighbors, who can afford the products of the butcher shop and the cattle ship.

Rye bread, olive-oil, and vegetable soups furnish to the people of Southern Russia what potatoes, buttermilk, and oatmeal furnish to the Irish peasantry and what oatmeal furnish to the

Scotch highlander,—physical strength and the energy necessary to cope with nature in a more or less inhospitable clime. Lentils furnish the immense muscular energy (they had no steam in those days) which erected Egypt's vast pyramids.

It does not seem to be generally known that many of the athletic victories of the world, ancient and modern [See another article for particulars.—ED.], have been won on a vegetarian diet.

Mr. G. H. Corsan, the champion swimmer of Canada, says that fast swimming tries the extreme limit of man's physical endurance. To the question, "Is meat a good food to train upon?" he answers, "I say, most decidedly, No." His diet consists of the natural product of the earth, fruit and nuts, in their natural condition.

Prof. Eustace Miles, of England, the tennis champion of the world, is an enthusiastic vegetarian.

Miller, the champion six-day bicyclist, trained on a vegetarian diet.

These facts alone should convince any one that meat is not necessary to a vigorous life.

"Vegetarianism may furnish muscle, but it does not furnish brains."

Prominent among the adherents of vegetarianism is Daniel, whose loyalty to principle made him prime minister in two of the world-conquering monarchies. His wisdom, his executive ability, and his faithfulness were acknowledged, even by his enemies.

Cyrus, who led the victorious armies of the conquering Persian monarchy, and afterward administered its affairs as king during the zenith of its glory, was a vegetarian.

"Remenyi, the famous Hungarian violinist, at the advanced age of more than sixty-three years, still had a countenance as fresh as a man of thirty-five or forty, and free from wrinkles or other signs of old age, a fact which he attributed to his vegetarian habits and total abstinence from all liquors and tobacco.

"Edison, the greatest of modern inventors, is practically a vegetarian. Wendell Phillips, the orator and reformer, stated to the writer a few years before his death that he had been a vegetarian for forty years. Emerson, Thoreau, Margaret Fuller, and Alcott were vegetarians, as were also Greeley and Dana in their early years."

"The greatest philosopher of ancient time, Pythagoras, was a most earnest apostle of vegetarian principles.

"Isaac Newton adhered strictly to a vegetable regime while performing the prodigious intellectual work which made his name immortal."

Professor Newman, of the Univer-

sity of London, who was active, clear-headed, and vigorous at the age of 80, was a lifelong vegetarian.

Surely these examples are sufficient to refute the statement that "a vegetarian diet does not furnish brains."

"The world-conquering nations are meat eaters." *"Beef and pork, no less than shot and powder, conquer in the bloody field of battle."*

The world-conquering nations of early times,—Persia, Greece, and Rome,—carried on their conquests on a simple vegetarian diet. Later on the use of meat and the indulgence of luxurious habits brought on the de-

generacy which resulted in the over-throw of these nations. "The men who bore the Roman eagles over all the known world were vegetarians.

The men who made the name of Rome a synonym of tyranny and profligacy were flesh-eaters."

"The American soldier has never entered into battle without the conviction that he was fighting for liberty. This constitutes his resemblance to the greatest soldiers of whom history gives us knowledge. The three hundred of Leonidas, the heroes of Marathon, the Ironsides of Cromwell, the ragged Continentals of Washington, the men of Gettysburg and Appomatox, the heroes of San Juan, and the burghers of South Africa are military kinsmen, because of their love of liberty rather than because of the quality of the provender that filled their stomachs." Prof. William Lawrence says, "Vegetable diet is as little

I am a practising physician of more than thirty years' standing. My family has lived many years on an almost exclusively vegetable diet, and I most thoroughly believe in it. It is far best for humanity.—MRS. E. A. BROWN, M. D.

connected with weakness and cowardice as animal diet is with physical force and courage."

Still we are willing to admit that, other things being equal, meat tends to make an animal or a man ferocious.

We have no disposition to deny that the rapid increase of crime, including murder and mob violence, and the phenomenal growth of the lynching spirit, are directly traceable to the large quantities of meat eaten in this country.

We are not prepared to deny that in every mob, whether for the purpose of compelling non-union laborers to quit work, or for the purpose of lynching negroes, the vegetarian is conspicuous by his absence.

We are not prepared to deny that vegetarians are not found among the cutthroats and other degenerates who live by crime.

We are not prepared to deny that butchers are ruled out of juries as unfitted to try a murder case.

We are not prepared to deny that anarchists whose religion consists in the subversion of government and the slaughter of rulers are invariably meat eaters.

"Vegetarianism necessitates the use of an excess of carbonaceous food in order to get sufficient nitrogen."

This question may be briefly answered by asking one or two other questions. Where does the cow get sufficient nitrogen for her own body in addition to that which she stores up in milk for human consumption? Where does the hen get sufficient ni-

trogen for her tissues besides storing up an immense quantity in eggs? The answer will probably be made that the hen and the cow have digestive apparatus especially adapted to extracting nitrogen from the vegetable kingdom. But this is to admit that these creatures are able to eat sufficient plant food to much more than supply the nitrogen needed for the building of tissue. So, if man can not get sufficient nitrogen from plant food, the fault is in his digestive capacity, and not in the chemical composition of vegetable foods.

But man's digestive apparatus is almost the counterpart of the anthropoid apes, who secure sufficient nitrogen from nuts and fruits.

Personal experience also furnishes an ample reply to this objec-

tion made on theoretical grounds. The vegetarians of splendid physique and great endurance, and those of brilliant intellect, all testify that the nitrogen is not lacking in their diet, and that their digestive systems have not been disordered by too bulky food.

We are free to admit that many people adopting a vegetarian diet do it unwisely, selecting too large a proportion of carbohydrate food instead of securing a fair proportion of foods rich in nitrogen, such as the nuts and legumes. Such may suffer from malnutrition, and from dilated stomachs, fermentation, and other dyspeptic symptoms.

Los Angeles Sanitarium, 317 West Third Street.

*Alas, for our savage inhumanity!
It is a terrible thing to see the tables
of rich men decked out by these layers-
out of corpses, the butchers and cooks.*

—PLUTARCH.

A Few Vegetarian Athletic Victories

WALKING.

NOVEMBER 8, 1885, Fred Theo. Howe, a vegetarian, was matched against five meat eaters. It being a very wet day, only two of the meat eaters dared venture out. Mr. Howe, not having shoes fit to wear in wet weather, made most of the trip bare-foot, making the 21 miles 25 minutes ahead of the fastest meat eater. Though footsore, he returned home on foot, while his opponents took the train. His record was 4 hours 50 minutes.

In 1893 Herr Elsassner and Herr Pietz, in a seven days' walking race from Berlin to Vienna (372 miles), both of whom are vegetarians, easily finished first and second, beating the fastest meat-eating competitor by 22 hours; for out of a dozen or more that started in the race, but one of the meat-eaters got to the end of the course at all.

Karl Mann won the great German walking race of 70 English miles. Three other vegetarians arrived at the goal shortly after Mann. Only one of the flesh eaters finished the race, and he arrived completely exhausted three hours later than Mann.

RUNNING.

John Barclay won half-mile championship, 1896. W. Pfliederer won Lady Freake's challenge cup in one mile open race at Kings College sports, 1898 (England).

GAMES.

Eustace H. Miles, M. A., who has written "Muscle, Brain, and Diet," won both amateur tennis championship and amateur racket championship

for 1899, and also the tennis gold medal prize for 1897, 1898, and 1899.

BICYCLE RACES.

George Olley, 141 miles, on a very hilly road, in 8 hours 31 minutes 48 seconds. He never dismounted during the ride; 100 miles unpaced road, 5 hours 55 minutes; 323 miles in 24 hours. Won altogether 32 prizes.

E. P. Walker, who is a life vegetarian, won over twenty prizes.

H. E. Bryning won the Bengal championship (10 miles) 3 years in succession.

Kurt Pfliederer and Eric Newman, aged 14 and 15, respectively, on rough roads, made 100 miles, the former in 6 hours 7¼ minutes, and the latter, 6 hours and 40 minutes.

J. E. Newman, a life vegetarian, on first attempt, made 175¼ miles in 12 hours.

S. H. Nickels, 100 miles in 4 hours and 14 minutes, and at another time, 100 miles in 4 hours and 25 minutes.

T. H. Shultness-Young, 100 miles in 5 hours and 25 minutes. The last 60 miles were ridden against continuous rain and wind.

E. Wade, 174 miles in 12 hours.

The cyclist Miller, in the bicycle contest in Madison Square garden, New York, in 1898, made 2,100 miles in 6 days, winning the world's championship for bicycle riding in that length of time. He tasted no meat during the six days, during which time his weight dropped from 160 pounds to 158½ pounds.

"The same week in which the walking match in Germany took place occurred the annual joint bicycle race

in London, the result of which was also a victory for vegetarian athletes. The teams entered were the 'London Central,' 'Shepherd's Bush,' and 'Vegetarian' cycling clubs, and as usual the latter swept the board. 'The vegetarians won,' according to a contemporary, 'not only the four medals which it had been agreed upon the two losing clubs should provide for the four competitors of the winning

team in the three miles' inter-team race, but, in addition, the half-lap prize offered in each of the two heats of this contest, also the two first prizes in the "egg and spoon" and the "soda water" races. Therefore, apart from those won in their own two club events, the vegetarians secured, as well, the eight prizes offered in the open events.'"—*Chicago Vegetarian*, July, 1898.



Vegetarianism and Vigor

By Margaret Evans, M. D.

FLESH food is not necessary to the maintenance of strength and vigor. Such foods as grains, peas, beans, lentils, and nuts are far more nutritious, and contain the proper nourishment necessary to meet all the requirements of the human system. Many of the grandest men of the past and present have been, or are, vegetarians. The hardest work of the world is done by those who seldom taste meat. The prodigious feats of strength performed by vegetarians in all parts of the earth, are splendid testimonies to the value of a non-flesh diet. The athletes of ancient Greece in her most glorious days, ate no meat, but lived on a diet of fruits and grains. While her gladiators were fed upon barley and other grains, together with fruit, they were capable of endurance which would stagger a flesh-eating athlete, but when, in later ages, they were given a flesh diet, they became dull and stupid, partaking of the characteristics of carnivorous animals to such an extent that Diogenes declared them to be wholly formed of "flesh of swine and

oxen.'" The abstemious Spartans, who lived on bread and fruit during the height of their prosperity, show plainly the advantages to be gained by a vegetarian diet.

According to Herodotus "the men who performed the prodigious task of building the pyramids, were fed upon onions, garlic, and lentils." The Hindu runners who live upon rice think nothing of covering a hundred miles a day. The sturdy Turkish porters who subsist principally upon black bread, watermelons, and figs, are splendid testimonies to the value of a vegetarian diet. The Mexican Indian will travel for many days on a small bag of parched wheat.

De Lesseps, the constructor of the Suez Canal, many years before his death became an earnest advocate of vegetarianism because, as he publicly stated, he never would have been able to construct the canal "without the aid of the date and barley-eating Arabs." The Roman soldier, while conquering the world, lived upon a coarse bread made from grains pounded

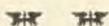
in a mortar, to which was added honey, cheese, olive-oil, and fruit.

Meat is so scarce in Bolivia that the Indians are practically vegetarians, yet their power of endurance is wonderful. Consumption is unknown, and the sturdiest women of the world are probably found in that country. The rubber-gum gatherers, of South America, never taste flesh. Bananas form their staple dietary, yet they carry loads of 150 pounds or more over rough mountain trails and through deep, ragged ravines. The Rio de Janeiro porters, also vegetarians, often carry weights of from 400 to 600 pounds over great distances. The porters of Hongkong, the carriers of

Athens, Constantinople, and Smyrna, show us convincingly that vegetarianism and vigor go hand in hand.

About one-fifth of the population of the globe are vegetarians from religious scruples, while three-fourths of the remainder eat very little meat, except probably on feast days, because they are unable to afford it, yet they are vigorous, active, healthy, and do a vast amount of hard work. The listless club-lounger, the indolent healthy man, the people who board at American hotels, are the ones who imagine they can not keep up their vitality without an abundance of meat.

Sanitarium, Cal.



Progress in Medicine and Allied Sciences

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

SCARCELY a week passes that instances are not recorded in the daily press where whole families have been poisoned by ptomaines from canned or diseased meats. The latest comes from Sacramento, recorded in the *Daily Bee*, as follows: "During the summer season the people of this city use a great deal of meats bought ready cooked at butcher shops, and then eaten cold by the purchasers. This fact is especially true of the corn beef for sale by all butchers. There have been several instances in this city where people buying such meats have run the risk of ptomaine poisoning, caused by heat spoiling the meat, or by other causes, the principal ones being lack of cooking when in the hands of the butchers, or unsanitary vessels used in which to

cook the meat. Within the last two weeks three cases of poisoning have occurred, and all have been credited to the use of pressed corn beef, bought from the same butcher shop."



Ptomaines are among the most poisonous substances known to medical science, and frequently produce fatal results because of the lack of knowledge of their action upon the system, and because as yet no successful antidote has been found. Some years ago a number of prominent people in Rio de Janeiro died under circumstances of grave suspicion, and in spite of the most skilled assistance which could be summoned to their relief. After more than twoscore had fallen victims to the same deadly disease, suspicion

seemed to point to a very prominent physician as being implicated in the affair, resulting in his arrest. At the trial the butler testified that the doctor had become intensely interested in producing and experimenting with poisonous ptomaines, and in order to prove their efficacy had directed him to supply them in minute quantities to his invited guests upon different occasions, inoculating iced fruits, ice cream, etc., therewith. So bent was the mind of this physician upon experimental research that the lives of his most esteemed friends were considered secondary. But whatever we may say of the fiendishness of this man's acts, the fact remains that these poisonous substances are the result of putrefactive changes in animal products. Many cases of poisoning occur where the cause is directly traceable to these ptomaines in meat; but who can estimate the scores who die annually from causes not well understood, where a butler is not to be had to show the connection between the victim and some canning factory or butcher shop?

Dr. Jonathan Hutchinson, of London, long the most noted authority on leprosy, supported his assertion that leprosy is caused by eating unsound fish by the fact that lepers are the most numerous in India among converts to Catholicism, who must eat fish one or two days each week.

Under the heading, "Fruits for the Sick," the *Charlotte Medical Journal* says: "It is not often that fruit should not be given to sick people. . . . As a nutriment, fruits are often invaluable; they carry water and various salts and organic acids into the system

in order to stimulate the appetite and improve digestion. Cooked fruits may be eaten with any meal, but when fruit is used for special diuretic purposes, its effect is always more pronounced if taken alone, either at the commencement of meals, or, better, between them. Fruit in general is less wholesome when eaten out of its natural season."

A carefully collected list of the Fourth-of-July casualties for 1903 has at last been tabulated, and presents food for serious consideration. With our modern implements of warfare, a battle fought in which over 400 were left slain upon the field would be heralded as a terrible loss of life. And yet that number is exceeded by the record of deaths from lockjaw, resulting mainly from slight wounds by the toy pistol. Four hundred and sixty-five lives sacrificed, 10 persons made totally blind, 95 eyes lost, besides 500 other persons maimed and disfigured for life, is a record that calls loudly for justification, and finding none demands extermination. To have stood once at the bedside of one of these little ones in the throes of tetanus and see the jaw becoming rigid so that it can not be opened; the spasms extending to the neck, retracting the head backward upon the spine, to see the labored breathing as the muscles of respiration are attacked, the anxious face bathed in perspiration—to see all this without being able to mitigate the suffering to any degree, is but to feel that there is criminal ignorance on the part of parents, as well as the retailers and manufacturers of the blank cartridge pistol; that the only successful treatment is prophylactic—by forever banishing this em-

blem or implement of patriotism which has come to occupy such an important place in our annual demonstrations.

Only a small percentage of recoveries, apparently under 5 per cent, has occurred, in spite of the most approved methods of treatment. It has been well said that the patient who is first showing tetanic symptoms is not beginning to have lockjaw, he is begin-

ning to die from it. The spasms of tetanus are practically the death agonies of an infection that has existed several days before their onset, and experience has shown that treatment is then of but little value. Shall we not give our hearty support to a move to suppress this evil before another half thousand homes are made desolate by this minister of death?



One or Two Dietetic Observations

By David Paulson, M. D.

[Supt. Chicago Branch Sanitarium.]

CAREFUL students of human nature are beginning to discern that the climate we create within ourselves by unnatural and unwholesome foods has more to do with our physical and moral health than even the surrounding climate.

Every timid schoolboy has learned from experience to dread meeting the butcher's dog.

When a successful dog trainer was asked why he did not feed his dogs flesh, he answered that it made them so quarrelsome that he could not exhibit them with safety.

Some time ago a pitiable wreck of humanity drifted into our medical missionary dispensary, which is located in the heart of darkest Chicago. More than a score of times he had religiously resolved to abandon the accursed cup, but just as many times he had again returned to it. He made rapid improvement under rational remedies, and, in answer to his pathetic inquiry how he could be delivered from the demon of drink, I explained to him that highly-spiced foods and meat were creating a thirst in him that God had

never promised to quench. A few days afterwards, on a visit to one of his friends, he partook of a hearty beefsteak supper. It immediately aroused the whisky appetite, and, after a prolonged spree, he again came back to the dispensary more dead than alive. He was again rebuilt, and he went away recognizing the intimate relation that exists between an irritating and stimulating dietary and a desire for liquor. He soon secured a fine position, at a good salary, and for months did not have the slightest desire for liquor, until one day, for some trifling ailment, some one furnished him with some medicine containing alcohol, which again aroused the slumbering serpent.

During my four and a half years' experience in connection with Chicago medical missionary work, many a poor backslider has confessed to me that the first steps in his downward career was a liberal slice of juicy beefsteak. The matron of our rescue department has repeatedly observed the same fact. What is so evident in these cases whose nervous systems are so hyper-

sensitive must be true to a less degree even in ordinary cases.

Very often children are punished for obstinacy, fretfulness, and irritability, when in reality it is the dietary that needs reforming. Eternity alone will reveal how much domestic misery and how much sin that is disguised under the marriage relation were encouraged by the waste products which meat contains to such a large amount.

When a ship is about to sink, we

throw overboard such articles as can be most easily dispensed with. Physical weakness and moral degeneracy have become overwhelmingly common. Should we not unload from our tables such articles as tend to impede our mental, moral, and physical progress, and substitute for them those natural and wholesome food products from the lap of nature which nourish the body without irritating the nerve centers or arousing the baser passions?



A Case of Mistaken Identity

By J. O. Corliss

NOT long ago a Baptist association met in the little town of Olney, England, and one morning many of the members found themselves mysteriously ill. Casting about for the cause, they concluded that it lay in the draughts of sparkling well water taken the day before at their midday meal.

This was considered by the inhabitants of the little town as a slanderous libel on their old well, from which the oldest inhabitants had used the water from time immemorial. So they rose up to repudiate the charge, and a loyal resident of forty-five years' standing offered himself as a living proof of the pureness of the local supply.

In the course of investigation it was ascertained that all the sick ones had partaken bountifully the day before of cold meats, such as hams and tongues, besides old cheese, and various sweets. A suspicious rabbit pie was also sampled, and pronounced unfit for food.

But of course none of these would for a moment be suspected of doing

the mischief. Had not all these venerable Baptists partaken of such delicacies all their lives? How ridiculous to charge their illness to their regular daily food, especially to such toothsome morsels as ham and tongue, old cheese, and the like!

But two things they could not deny. One was that all the people of the neighborhood partaking of the water supply, and not of the meats, were to be found in usual health on the day in question. The other was that they who had eaten of the meats were the only ones made ill from the day's feasting and drinking. An unbiased mind would not be long in deciding that the view taken by the Baptists constituted a well-grounded case of mistaken identity.

But this is another case by which people might be warned, if they would, of the dangers lurking in such food as the meats here said to have been eaten. In all probability, however, those Baptists, who were so fortunate as to

escape death on that occasion from the diseased or poisoned meat they ate will soon so far forget this experience as again to indulge in the same way

to a fatal extent. Pity it is that the world is so long learning that which belongs to health economy!

Leicester, England.



Some Perplexities Cleared Up

By J. E. Caldwell, M. D.

FROM improved methods of experimenting upon the stomachs of healthy dogs, devised in the dog hospital and laboratories of Professor Pawlow, of St. Petersburg, some interesting and very valuable results have been obtained concerning the "work of digestive glands." In a book by that name, translated from the Russian, and issued by the Lippincott Company, we may learn all the facts, including methods employed. Here we have time only to name a few conclusions.

By the evidence of these experiments, we are led to believe that "every individual kind of food calls forth a particular activity of the digestive glands, with special properties of the digestive juices."

Upon carefully examining, quantitatively and qualitatively, the gastric juice after administering separately milk, bread, meat, etc., it was found that each produced characteristic modifications of activity of the gastric glands. There was shown not only a characteristic *quality* of juice poured out upon each kind of food named, but the *rate* and *duration* of the secretion of juice furnished for each were characteristic and uniform in the cases of the many dogs employed. "Bread-juice" is the name for convenience given to that poured out upon bread, to which, it was found, belongs the

greatest digestive power. When compared, the strength of "bread-juice," "flesh-juice," and "milk-juice" was found to be in proportion to 44, 16, and 11, respectively. In other words, "bread-juice" contains four times as much ferment as "milk-juice," and is, in this respect, four times as concentrated.

With bread diet we have always a sharply-indicated maximum (of activity) in the first hour, and with milk a similar one during the second or the third hour.

The author says, "I wish to bring home to you the conviction that the work of the digestive glands is, if I may say so, elastic to a high degree, while it is at the same time characteristic, precise, and purposive."

All this being true, we may see its bearing upon a sudden change of diet, and we may thereby understand why some men suffer when adopting a vegetarian diet. I quote still farther from Professor Pawlow:—

"When, in feeding animals, the kind of food is altered, and the new diet maintained for a time, it is found that the ferment content of the juice becomes from day to day more and more adapted to the requirements of the food. If, for example, a dog has been fed for weeks on nothing but milk and bread, and is then brought

on to an exclusively flesh diet, which contains more proteid, but scarcely any carbohydrate, a continuous increase of the proteid ferment in the juice is to be observed. The capability of digesting proteid waxes from day to day, while, on the contrary, the amylolytic power of the juice is found to be continuously on the wane."

Many experiments were performed to avoid mistakes on this point. The author says, "We were able, by altering the feeding, to reverse it (the result) several times in one and the same animal." It is further stated, also, that while, in general, the result

was uniformly obtained, some animals required more time in which a given result could be brought about than others, the requisite change taking place in the slowest manner. "In such cases an abrupt transition from one *regime* to a different one can often produce serious illness."

May not a knowledge of this principal make it clear why some have suffered from indigestion, and have even been discouraged in making an attempted reform in diet?

The lesson to be learned is that a reformed dietary should be adopted by slow degrees.



Physical Culture in the Daily Occupation. No 2

By Augusta C. Bainbridge

BREATHING.

WE have found that continual blessing lies in the daily occupation. The learning and following of a certain trade or profession are not simply a means of earning a living, but the living itself is in it. Manual labor is a daily education, fruitful not only in providing the food and shelter our living here has made necessary, but it is a valuable training for both mind and body. Exercise, even to the degree of causing perspiration, is one blessing found in it. The normal development of every vital organ is attained by the exercise gained in labor.

In the pattern we find that the sinless pair were given their occupation in the open air. Hence, we lay as a basic principle that, to receive the

physical culture in the original design, we should work in fresh air. While we are under different conditions, yet, by carrying this thought, we may follow closer. Too many are losing all that was intended for their good by the lack of fresh air. No man in his workshop or office, no woman in her kitchen or parlor, should consent to be deprived of air. A little study, a little tact, with a larger determination to follow truth, will usually bring about a different condition. If, after proper effort, these fail, then move; for you are not obliged to work without air. It is your birthright. Five miles high, it stands firm against mother earth, waiting for your use. No wonder it is called the firmament, for—

"Winds may blow,
And waters flow,"

but the air is firm in its abiding in the place the Creator made for it when He divided the waters. Gen. 1:6.

You need not wait for time after your hours of work to take your physical culture exercises in breathing. Form the habit of taking it *in* your work, that is, if your work does not bring it naturally. Natural breathing is the best breathing; and if you can free your chest from all that would bind you, and work very hard at something that keeps you interested, you will breathe just right without thinking of it.

But suppose you are engaged in clerical work, and do not chop your own wood. Every time you lift a book from desk to shelf, or carry one across the room, lift your chest and breathe. Take your "tonic," the only genuine tonic,—air, fresh air. Let the housekeeper, sweeping a dusty room, as she turns her broom, go to the window or door, face the inflowing air and take her "blood purifier."

"You can not spare the time?"

"You must keep on with your work?"

Well, you will gain time, you will do more work, do it easier, and lose the sense of weariness in it, by breathing properly. How much air you *do* breathe determines your vitality. Pick up your broom or your stir-spoon again, and you will find your strength increased.

You do not need to be told that this exercise must be taken with the mouth closed, and when you have learned to work all day, and day after day, using your nose as the Creator intended (Gen. 2:7), you are well advanced in physical culture.

The dark venous blood, foul with the ashes of dead brain-cells and waste

from worn-out tissue, is transformed by each breath into bright red blood, full of vitality. Were it not so common, we would think it a wonderful miracle. Take air, then, at every change of motion, and form the habit of breathing deeply. This will massage every vital organ, and that, too, in a natural way.

Watch the woodsman as he works. Note the deep inhalation as he raises his ax and the forcible exhalation as he plants it deep in the log. Every muscle of his trunk, with every internal organ, has received its share of blessing. Whatever your work is, be a good breather. Let your diaphragm move with every inhalation, and every muscle that expands or contracts your chest do its work faithfully.

Can you think of a greater sin against your beautiful body than to neglect this great salvation?

Of the physical culture trinity—air, food (including water), exercise—many teachers put air first, because of its use as an all-around, harmonious developer of every organ of the body. It was certainly our first need as we came into this world. It is good to develop the muscles of the limbs; but the training that develops the muscles of the trunk, and at the same time energizes all the vital organs, is far in advance.

This comes naturally to the outdoor worker, but many, very many, who have lived indoors for generations, have forgotten how to breathe. If you are too poor to have front steps or a back porch to work on with a broom or hose, or a father or mother to assist, then maybe you ought to have a bicycle or a punching-bag. I would, however, recommend a trip on pegs, with a good-sized package of

food and other cheer to brighten the lot of that lonely widow who lives in the narrow street on the other side of town.

If your work keeps you standing a greater part of the day, do not cramp your chest and diminish your breathing capacity, but take and keep an upright position. God made you so, and gave you muscles to keep you so.

Does your work call you to sit most of the time? Don't sit on your spine, or lean on your abdomen, but rest on the joints that were made to hold the weight of your body in that position, and keep your breathing space intact.

Then, as you take your physical culture exercises several times a minute, every organ in your body is kneaded and massaged. Each breath means the exerting of a force by the internal muscles that would lift a weight of 150 pounds, and by it rich, pure blood is forced into every cell.

This is why breathing is called the supreme act of the body, and you can get it in your daily work. Cultivate deep, diaphragmatic breathing. Breathe in faith, knowing what God will do for you with it. This is one of the first lessons in physical culture.

622 Golden Gate Ave., San Francisco.



A Transformed Life

By Kathrina Blossom Wilcox

THEY had met in the railroad car, these two young women, both bright, educated, refined, and cultured, respected and admired in the best society circles.

They had been playmates together, schoolmates, and classmates, and together they had gone through college. Then they had separated, and now both were married and had homes and children of their own.

One, Mrs. Flood, was the wife of a bright and successful dry-goods merchant; the other, Mrs. Sterling, the wife of a young, handsome, and enterprising physician and surgeon.

They had seen or heard but little of each other since their last year in college, and so gladly improved the opportunity they then had of renewing their old acquaintance and friendship.

After some passing remarks, Mrs. Sterling said: "You are not looking at all well, Ethel. The color you used

to have in your cheeks is almost entirely gone, your eyes are losing their luster, and you look tired and languid."

"Yes, Grace, you are right," replied Mrs. Flood. "I am tired, completely worn out, and Fred has insisted upon my spending a little time at the geysers, to restore, if possible, some of my life and vigor. Meeting you has refreshed me somewhat, but I do feel that I am fading rapidly. Fred, too, poor man, is not strong, and needs a rest and change. He is growing old so fast. But you are looking well, and seem so full of animation and vivacity. How *do* you manage? You remember when we were at college you were always tired and sickly, and I was so well. I can not understand it."

"Well, Ethel, I will tell you the secret," said Mrs. Sterling. "I believe that the majority of diseases, and especially the tired, worn-out,

languid feelings, arise from disorder of the digestive organs. I know, too, that the state of the mind corresponds oftentimes to the state of these organs, and that everything we take into our bodies works either good or ill.

"You recall, perhaps, when we were in the physiology class at school what a wonderful living machine we found the body was, and how every part, every tiny muscle, and fiber, and nerve, heart, lungs, brain-cells, and all, are nourished and built up by the food we eat. Do you wonder, then, when you think of the mixture of food which so many put into this beautiful and delicately-formed temple of the living God, that there are so many dyspeptics

in the world today, that there are many suffering from stomach trouble who stoutly affirm, 'My stomach is

all right; I would never know I had a stomach.' And they treat it as though it were not a stomach, but some receptacle into which was placed everything that seemed to suit the fancy or please the sense of taste for the time being. Even doctors, many of them, do not seem to appreciate the fact that so many of the diseases of mankind arise, primarily, from digestive trouble; for so often they lay the cause of death to some other disease, often heart-failure. Of course the heart does fail, but why? In many cases, if a rigid reform in diet were prescribed, a change, rest, sunlight, and fresh air, nature's own healing remedies, the disease would, in time, disappear.

"Let me give you my own experience. It is said that experience is

the best teacher, and, perhaps, my own may prove of benefit to you.

"Two years ago, after the birth of my second baby, I lay at the point of death. My husband watched over me night and day for two weeks with scarcely a ray of hope. Then, at the end of that time, with the best of medical skill, and the tender, loving care of relatives and friends, light broke through the darkness, and I began to convalesce. But my recovery was slow, and for one year I was scarcely able to do a complete day's work. Earle, too, was not strong or well.

"Four years before he had completed the medical course, and when

we joined hands in marriage we little dreamed that friends and society would ever lose their charms, that life would ever become a

burden or ceaseless routine of cares.

"But then Earle almost always came home exhausted, and found me in about the same condition. So the sweet home life was fast losing its charms, and what would be the effect on our darling little ones, who had thus far known little of a mother's loving care?

"I grew almost despondent, and sometimes wished for the dusky angel of the night to call me away. But hope came.

One beautiful morning as I sat on the front veranda feeling that life to me was but a mere existence, like a flash of light from the throne of God, the thought came to me, the God who created man and all the life and beauty in the world can recreate you

*Whatsoever I sow I must reap;
therefore I ask not my fellow-man to
either wade in the dung of animals
or wallow in their blood for my stom-
ach's sake.—CORSAN.*

if you will but come into harmony with Him and His perfect laws. I began to examine my life and habits and O, Ethel, this is where the transformation began—right in my heart and mind! Who "forgiveth all thine iniquities; who healeth all thy diseases" kept ringing in my ears, and as I kept comparing my habits of life with the original plan of God I became more and more enlightened. I found my diet was altogether unlike the simple, wholesome food given to Adam in the beginning. I told my feelings to Earle, and together we decided to investigate this matter of diet. As we did so truly the "scales began to fall from our eyes" and life took on a new meaning to us. Our first change was in our late, hearty dinners and highly-seasoned, spicy foods, and we all experienced an improvement in health.

"We were led by a lecture we attended to study the subject of vegetarianism and when we saw how that, by eating the flesh of animals, we were taking our food second class, how the lives of so many were sacrificed every day to satisfy the perverted appetites of degenerate mankind, and when we comprehended the fact that the animals which live on fruits, grains, and nuts were the most gentle and sweet-tempered, we did not wonder that we were growing cross and sour and disagreeable. Although flesh food is sometimes strengthening for the time being, it weakens the nerves, and then, too, meat is now so diseased that, could we know half the facts connected with the slaughtering of animals, we would be appalled and frightened.

"So we adopted the vegetarian diet,

not entirely discarding milk, butter, and eggs, for we have our own hens and sterilize our milk and butter, but entirely discarding all flesh food, also rich foods and condiments. I just wish you could see the children. The transformation is truly wonderful. Instead of thin, pinched faces and sallow complexions, they are just the picture of health, with bright, laughing eyes, plump, rosy cheeks, and clear complexions, and such sweet dispositions, too.

"Earle thinks it is wonderful, and is recommending it to all his patients, and when they find he knows from actual experience, and they see the change in him, they, too, are ready to adopt a vegetarian diet; for practise and actual experience are so much more effectual than mere theory.

"Try it, Ethel, won't you? I am sure it will help you, and you will soon find yourself growing younger instead of older, and the sweetness and pleasure of life will all come back to you.

"Another thing: This has opened up an avenue of greater life and light which indeed makes life worth the living, for now, with a clear mind and a well body, I can more freely partake of the heavenly Bread, and drink deeper draughts from the great Fountain of Life, and am thus enabled to see, and to strive to attain unto, the great possibilities that lie in reach of the Christian."

And Mrs. Flood promised, as they parted, to try it in her own home. She did, and demonstrated for herself the power of a pure diet on the life.

Oakland, Cal.



The Builders

ALL are architects of fate,
 Working in these walls of time;
 Some with massive deeds and great,
 Some with ornaments of rhyme.

* * * * *

For the structure that we raise,
 Time is with materials filled;
 Our to-days and yesterdays
 Are the blocks with which we build.

* * * * *

Let us do our work as well,
 Both the unseen and the seen;
 Make the home, where God may dwell,
 Beautiful, entire, and clean.

Else our lives are incomplete,
 Standing on these walls of time,
 Broken stairways, where the feet
 Stumble as they seek to climb.

Build to-day, then, strong and sure,
 With a firm and ample base;
 And, ascending and secure,
 Shall to-morrow find its place.

Thus alone can we attain
 To those turrets, where the eye
 Sees the world in one vast plain,
 And one boundless reach of sky.

—H. W. Longfellow.



The Angel of Fresh Air

IF the word "angel" can properly be applied to the things of this earth which bring us good, which in many ways conduce to happiness, then surely it may be applied to fresh air. For, this airy angel is one of the most faithful and fruitful in bestowing blessings.

Fresh air is life; corrupted, poisoned air is death. Why, then, do so many people close their windows at night and shut out this life-giving element? Why will they choose to breathe over and over the same air vitiated and poisoned by their own bodies? It scarcely seems possible that many so-called intelligent people will do this very thing. They seem to be actually afraid of the air. It is "night air"

and, therefore, unfit to breathe. How foolish! Do you not breathe night air when out of doors at night? Do you suffer from breathing this air when you are out in the evening? No, indeed. It is not the air that is at fault if you suffer.

A wise physician once said that if people could but be compelled to pay for fresh air by the cubic foot they would prize it far more. How true! That which costs us nothing is apparently of no value to us.

O, if people would only open all the windows in their sleeping apartments at night when they retire, they would then begin to discover the value of the angel of fresh air by the fresh invigorated, clear, and buoyant feeling they

have on arising in the morning. Life, instead of being a dull routine, a mere existence, a burden; would be a joy, a delight, and a blessing.



How Can Busy Women Find Time for Missionary Work?

By Hattie Florence Morser

I WAS ironing—when a long ring of the telephone bell told me I was wanted at the 'phone.

In answer to my "Hello" greeting a familiar voice came back along the line. What was it saying? Did I hear aright? "Wants me to write something on this important question? How can busy women find time for missionary work?" What could I say, must I answer right away? No, give me time to consider. So I went back to my work, for you see I am one of the busy women I have been asked to write about. As the hot iron smoothed out the wrinkles and folds, I pondered the subject well, wondering if my experience put into words could possibly benefit, not only some busy woman, mother, perhaps, but through them help to sweeten and brighten what poets of a gloomy mind call "the vale of tears."

"My heart is hot and restless,
And my life is full of care,
And the burden laid upon me
Seems greater than I can bear,"

is the wail of human grief from many a lonely, despondent soul.

What can we do to lighten this burden? Matters it not to us that our brother, our sister, is sinking in the lowlands low?

The mission of all followers of Him who went about doing good is to scatter seeds of kindness which spring up

into flowers in the thorny path of life and bless him who sows and those who reap. With these thoughts came the words, "None of us liveth to himself, and no man dieth to himself," wherefore, "Whatsoever thy hand findeth to do, do it with thy might; for there is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest." Hence it was this thought that prompted me to write something along this line. But the question, "How do busy women find time for missionary work?" seems a big undertaking for an amateur, so I have decided to begin with how *one* busy woman finds time for missionary work."

(To be continued.)



Dress at Home

Is it possible to do one's own housework and dress in a neat and tidy manner? By observation and experience we believe it is not only possible, but far more convenient, in the long run, to dress both neat and tidy when about the house, even when engaged in the most humble service.

The hair need not necessarily be curled or frizzed, but it should be well combed the first thing on arising, even before the dressing is finished. The dress should be fitted to the work. For general housework a dark calico or gingham dress may be worn. It should be tastily made, plain, short, and with a collar to fasten at the neck. A neat gingham work apron should be worn so as to save washing. There should be plenty of them so as to change several times a week. Sleeves reaching to the elbow made of the

same material are also a nice convenience. It is well to have several white aprons also, with sleeves. Should company suddenly drop in upon you all that would be necessary would be a change of aprons. A sweeping-cap will save the hair from much needless dirt and dust. It is not only convenient for this purpose, but is a nice protection for cooking as well.

For washing, a waist with short sleeves is very nice. A dish mop and a floor mop are both useful and convenient. The floor mop saves much soiling of clothes as well as many unnecessary backaches.

O sisters, wives, mothers! Do make yourselves neat and attractive to the eyes that see you most! It is one of the surest ways of preserving the love of your loved ones, and of making home attractive to them. These little things make or mar one's happiness to a much greater extent than many are aware of. It is well, then, that we give some thoughtful attention to these matters.



Housekeepers or Home-makers

By Mrs. R. E. Longenecker in "American Mother"

I THINK we, as mothers, need to have often impressed upon us the distinction between housekeeping and home-making. A true home-maker ought to be a good housekeeper; but I am afraid some of our perfect housekeepers are not successful in making pleasant homes.

I know a mother who has highly polished floors all over her house, even in the kitchen. Her fifteen-year-old boy is expected to walk on tiptoe, or take off his shoes when he comes into

the house. If he needs to walk about very much, as when carrying in wood or water, newspapers are laid down at convenient distances for him to step on. This boy, when at a neighbor's whose summer kitchen was not plastered, said, "How nice it must be to have a room like this where you can drive in all the nails into the walls you want to, and do as you please."

He usually entertains his company in the yard or woodshed, and if they go into the house they are commanded to walk carefully. The floors are kept beautifully clean and free from scratches; but isn't it a pity to have such nice floors that one can't walk on them in comfort?

I know of another case—one of my own schoolmates. The boy was an only child. His people had a nice house and a pretty yard. I can remember, as a child, thinking it strange that the front of the house was always closed and the shady front porch never occupied; while often, on summer evenings, we would see Mr. and Mrs. D. sitting in the woodshed door that overlooked the potato patch. The boy was running wild on the streets. When he grew older he stole some money and was sent to prison.

I often wondered what sort of a boy he would have been if his home had not been too good to invite his friends into.

I know all about how nice it is to have things clean and in order, and how much disorder a crowd of children can stir up in a short time—but what are our homes for? I confess that a clean, quiet room is a perfect delight to me, and I often feel impatient because little things do not stay in order longer, but the little ones must have some liberty. I feel sorry for the

child in the home where all the chairs are too good to be used for making houses and trains. It is rather trying when you have an untimely caller to have all the chairs tied together or turned bottom side up against the door; but what fun the little boys do have with them!

I know it is difficult to sweep up the little pieces of paper, and no matter how big the pan for the clippings, some are sure to get on the floor, and the little fingers don't do a very thorough job at picking up. But don't scold—the little folks have had a delightful morning cutting out pictures.

We have all had a rest during the warm weather, when even the wee ones wanted to be out-of-doors; but now the dark days are coming when they must play in the house; let us get a good supply of patience and let them stir things up a little.

I sometimes feel that it is a positive blessing not to have such highly polished woodwork or such nice furniture that one need to be in terror for fear something will get scratched—another compensation of poverty!



The Habit of Kindness

I KNOW of a home in which the very atmosphere is so charged with human, loving kindness that it is a delight to be a guest therein. I have been a guest in that home for weeks at a time, and I never heard a single harsh, unkind word spoken to or about any one. One day I said to the sweet and gentle mistress of the home:—

“Do tell me, if you can, the secret

of the beautiful and unfailing kindness that forms a part of the very atmosphere of this home. What is the real secret of it?”

“Why, I do not know that there is any secret about it. It is a kind of a habit with us. You know that some people fall into the habit of always complaining. Others form the habit of always speaking sharply, while still others are habitually morose, and sulk continually. Now it is just as easy to form a good habit as a bad habit, and, if one would only think so, it is just as easy to form the habit of kindness as it is to form the habit of unkindness. When I was a little girl at home, my father had his children sing nearly every day:—

“O, say a kind word if you can;
And you can, and you can;
O, say a kind word if you can;
And you can, and you can.

“If any one spoke an unkind word in the house, some one would be sure to sing these lines, and so we came to speak kindly nearly all of the time. So much happiness came from it that I resolved when I came into possession of a home of my own that habitual kindness should be the rule there.”

“It is a beautiful rule,” I said.

“It is a rule that will bring peace and joy to any home, and, as I said before, any one can cultivate the habit of kindness.”

I believe this to be true, and I am sure that Sir Humphrey Davy told the truth when he said: “Life is made up, not of great sacrifices or duties, but of little things, in which smiles and small obligations, given habitually, are what win and preserve the heart and secure comfort.”—*J. T. Harbour.*



Simple Remedies for Distressing Disorders

WHOOPIING-COUGH, HEADACHE, NEURALGIA, AND TOOTHACHE

SOMETIMES a very simple measure, one which most people would pass by as unworthy of trial, proves to be exceedingly efficient in the treatment of disease. Whooping-cough is a dangerous disease with a high mortality in some places; and, as a rule, when the little patients recover they show the effects of the disease for a longer or shorter period, sometimes permanently. It appears that in this disease the violent coughing and gasping increase the irritation and tend to prolong and intensify the trouble. One authority, (Niemeyer) says: "If we could arrest the spasm of the glottis, the backbone of the disease would be broken." Another says: "Spasm of the glottis is the sole cause of the acute suffering in uncomplicated whooping-cough, and could this element be removed, the disease would be reduced to the level of an ordinary catarrh. Spasm of the glottis being not only the sole cause of the terrible suffering in whooping-cough, but of most of the danger as well, the main object of medication is the relief of this symptom."

Experiment has shown that when the jaw is forcibly drawn forward and downward, the tendency to spasm is much diminished if not altogether broken. Any intelligent nurse or mother can administer the treatment.

The little sufferer should be in the horizontal position, and when a paroxysm comes on, the nurse should step behind the child and grasp the lower jaw with thumbs and fingers, the thumbs at the chin, and the index fingers at the angle of the jaw, and draw forcibly forward (that is, vertically upward, when the child is lying on its back).

Those who have tried this treatment have found it a great aid in shortening and mitigating the attacks of whooping-cough. The treatment is not so successful in the very young.

It is well to remember in this connection a very successful mechanical treatment for headache, facial neuralgia, and toothache. Elevating the larynx sometimes causes almost instant cessation of these disturbances. The cartilages forming the "Adam's apple," under the chin should be grasped with the fingers forced well upward toward the base of the tongue and held there for about a minute. It is sometimes necessary to repeat the treatment two or three times in order to cause relief.

Another suggestion is made for the relief of pain at night. It has been observed that pain is more severe at night, and, as a rule, does not diminish until the next morning; also that pain

is apt to be more severe after the lights are turned out than before. For this reason Goldscheider, of the Vienna University, advises, in case of pain or uneasiness, that the patient be allowed a light at night.

These measures may seem too simple to be worth a trial. Like Naaman, the Syrian, we are sometimes tempted to treat with scorn a procedure which, if put to the test, might prove a great boon. The reader is asked to make a note of these suggestions and put them into practise at a favorable opportunity. They can certainly do no harm. The editor will appreciate very much any reports on the results obtained from these treatments.



Circumstances Affecting Digestion

REFLEX DISTURBANCES.

LONG hours at school, or other occupations involving close work, poor light, small type, poor printing, and eye defects, such as far sight, astigmatism, and muscular insufficiency, may result at first, not in headache, pain about the eyes, or disturbances of vision, but in dyspeptic symptoms; and physicians and friends of the patient, not discerning the cause, may attempt all sorts of dietetic experiments, and wear out the various forms of treatment for stomach disorder without producing any noticeable alleviation of the symptoms. Nothing is more firmly settled in medicine than that disturbance of the nervous equilibrium, however brought about, is often an important cause of disordered digestion; and often the first intimation of trouble comes from the stomach rather

than from the organ where the mischief originated.

In the July number reference was made to the evil effect of modern school life on children's eyes. Many cases of obscure stomach trouble can be traced to this cause. But the eyes should not be made a scapegoat for dietary errors, as is often done. A child can not stuff with candy, pastries, pickles, and other abominations, eat at all hours of the day, and otherwise violate natural law, and then escape digestive disturbance by being fitted with glasses. Some oculists (and they are apt to be men who stepped from the medical college into their specialty without a previous all-around experience in general practise) see in every dyspeptic a case of eye strain which must be fitted with glasses or have the eye muscles cut in order to obtain a cure. One writer on hygiene goes so far as to say, "Eye strain may be lessened or obviated by the wearing of spectacles that are made accurately and adjusted precisely; or by attending to the direction in which light enters the room, or, perhaps, by prohibiting the use of books printed with small illegible type. Observance of these precautions may render it unnecessary to give special attention to his diet." This is right if due emphasis be placed on the last MAY, for there are few cases in which the digestive function gives way as the result of eye strain or other reflex cause, where the diet is a matter of indifference.

In nearly all these cases it will be found an advantage also to place the patient on a more rational diet. That is to say, while eye strain or reflex from some other irritated organ may be an important cause of stomach difficulty, it is probably not the only

cause in most cases; and though it may not be possible to effect a cure while overlooking the eye trouble or other reflex cause, the relief of these will not be sufficient, in themselves, to secure good digestion, without paying proper attention to the food and the manner of eating.



IN our call for vegetarian babies from 1 to 40 years or over, we were misunderstood, so we have had mostly photographs of very young vegetarians. The photos continued to come in long after we could use them in the October number, but we hope to use some or all in later numbers. Many of our friends do not know that matter for the October number of the HEALTH JOURNAL, is turned into the office of publication the first of September. Some of those who expected to see their child's photograph in the October number will thus understand the cause of their disappointment.

Now, lest it be said that we have to take the younger vegetarians in order to get such as properly represent the diet, I desire to have photographs of vigorous vegetarians any age from 12 to 100 years or over, with brief sketch of life, habits, etc., *e. g.* age, height, weight, how long a vegetarian, do you use butter, milk, eggs, or other animal products, tea or coffee, and number of meals a day, condition of digestion, ability to stand hard work, mental or physical, and nature of your daily work.

Photographs should be distinct; brown tones are preferable. Blue prints are not good. Be careful to surround photo by sufficient cardboard to prevent injury. Some of the

pictures have come in damaged through insufficient care in wrapping. Photographs will be returned after use if the name and address are put on back with request to do so.

We expect to start a new department in the JOURNAL, giving personal experiences of those who have tried the reform diet and found that it pays. A few facts will go farther than much theorizing, in establishing the healthfulness and advantage of natural diet.

At the same time, we would like questions from those who have not had good results from an attempt to reform the diet, and perhaps we can help you. Please state your case fully, sending postage for reply, and we shall answer by letter, or, if the matter is of general interest, through the JOURNAL.



Gastro-intestinal Cause of Nervous Disorder

RECENTLY it has been demonstrated, so we are informed by a German authority, that abnormal digestive processes cause severe disease of the nervous system.

Among the nervous disturbances which are so caused, he mentions, epileptiform attacks, disturbances of consciousness, violent headache, morbid sensations (such as prickling, "pins and needles"), and acute mental disturbance. Another well known writer on medical subjects, states that symptoms of meningitis (brain fever) in children are not rare as a result of indigestion and constipation and that they may usually be cured by calomel. As yet, the germ whose toxins cause these multifold disturbances has not been isolated. But there can be no

question that a poison is being produced in these cases, in all probability by a germ. Calomel acts by cleansing the bowels of its retained poisons, and also as a mild antiseptic, preventing, to a certain extent, the production of the poisons.

I can well remember how we formerly scouted at the idea of disease being an entity to be driven out; but this theory appears to be nearer right than some of us supposed. In many diseases there is an active cause, in the shape of a microbe, which must be driven out, either by the body itself or by our treatment, in order to effect a cure.

But, by the way, this German authority is not telling us anything new. It has been known for some time that the effects of gastro-intestinal disorder are wide-spread in the system; affecting profoundly the nervous system as well as other systems.



Germ of Old Age

WE formerly laughed at the "germ of old age" as a myth; but perhaps the expression is not so far off after all. Old age is but another name for arterio-sclerosis—a degeneration or hardening of the walls of the arteries. There is much truth in the expression "A man is as old as his arteries," for, as a rule, in old age it is the condition of the arteries which indicates how long one will live. And it seems quite probable that arterio-sclerosis, though looked upon as an inevitable accompaniment of old age, is, to a large extent at least, of bacterial

origin. One has suggested that it is due to the colon bacillus which inhabits the human intestine in inconceivably large numbers.

Now we are told that general paralysis is a germ disease. That it, in short, is due to auto-intoxication or self-poisoning, the germs causing the disorder being found in the walls of the intestinal canal.



The Vegetarian and Our Fellow Creatures is a magazine published in Chicago, by the Vegetarian Company. It is a clear, strong advocate of better living, one of the few magazines which is standing for principle rather than working for circulation.



Shall We Slay to Eat is a 200-page illustrated pamphlet, published by the Good Health Publishing Co., of Battle Creek, Mich., which we think is the most complete small work on vegetarianism extant. Quotations in this number of the JOURNAL, where credit is not given, are from this pamphlet or from *The Vegetarian*, above noticed.



It is a shame for intelligent people neither to understand nor regard the conditions of bodily health, taking no pains to acquaint themselves with the laws of digestion, circulation, respiration, the uses of air, diet, exercise. Half one's life power is, perhaps, lost through bad habits of living. With most of the human race who have means for indulgence eating is far in excess of all reasonable needs.—*Pierson.*

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

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Sanitarium Notes

WE are glad to report the increased patronage of the Sanitarium during the past three weeks, the best it has known in several years. The guests are an appreciative class, heartily co-operating with the physicians in their work. All the best rooms are occupied.

Lieut. Griffin, U. S. Navy, is registered at the Sanitarium.

Judge A. E. Cheney of Reno, Nev., recently spent a few weeks at the Sanitarium.

Dr. T. J. Evans recently made a trip to Los Angeles, in the interests of Sanitarium work.

Mr. and Mrs. J. B. Dusingburg, of Sydney, Australia, were callers at the Sanitarium last week.

The artist for the *Sunset Magazine*, Mr. J. O. Brubaker, of San Francisco, is at present stopping at the Sanitarium.

Mr. Tom Ryan, the middle-weight champion, and his wife, recently spent a few weeks at the Sanitarium, under treatment.

William H. Grahm, Jr., 2nd Lieut. 12th Cavalry, U. S. Army, is spending his extended leave of absence at the Sanitarium.

Dr. W. F. Arnold, of Mare Island, Surgeon U. S. Navy, has returned to his home, after a short stay at the Sanitarium.

Mr. Alanson H. Phelps and wife, of San Francisco, are at present enjoying a few weeks rest and recreation at the Sanitarium.

Doctors Sanderson and Buchanan of San Francisco; recently made a flying trip to the Sanitarium, while here assisting in the operating-room.

Mr. N. T. Smith, of San Carlos, Treasurer of the Southern Pacific Railway, in company with his wife, visited the Sanitarium last week.

Mr. G. M. Francis, Postmaster at Napa, and editor of *Napa Register*, in company with his wife, spent a few days at the Sanitarium last week.

The Chaplain reports that he has never seen such an interest in the religious work of the institution manifested by the guests as at the present time.

Mrs. W. D. Murdock, wife of the General Passenger Agent of the Mexican Central Railway, who is spending a few weeks at the Sanitarium, gave a very interesting lecture in the Sanitarium chapel on the evening of the 27th. Subject, "Every Day Life in Mexico."

CHILDREN IN FRONTISPIECE

1. Gertrude Allen, Portage, Wis. Has never tasted flesh food. Has been raised largely on malted milk and other artificial foods. Meals have always been at regular hours, and, when one year old, of her own choice she took only three meals a day.
2. Detha Kelsey, Wells, Minn. Age two years and four months. Entirely vegetarian. Never tasted meat.
3. Clara E. McClelland, age four years, Ballyclare, Ireland. While an infant she was delicate, but by the use of "Granose Flakes" from three months old and onward she became strong and sturdy. She does not know the taste of tea, coffee, or flesh meat. We give here an acrostic by her mother:—

CLARA McCLELLAND
Age Four Years

AN ACROSTIC

Clara is a healthy child;
Large of age and strong of limb,
Always ready for a play,
Romping through the livelong day
All alive with health and vim.

Meat has never passed her lips,
Chicken is rejected, too.
Cups of tea she never sips;
Little four-year-old is true
Ever to refuse the cup,
Liking better, better far,
Lemonade and orange drinks.
Any kind of fruit she thinks
Nothing short of royal fare,
Do you doubt her wisdom there?

MRS. JENNIE OWEN McCLELLAND

- 4 & 5. Clyde Firebaugh at 3 years and 4 years, New Sharon, Iowa. Non-flesh diet. Excellent health, very active, and unusually bright at school.
6. Freddie Vermillion, age four years and eight months, Chula Vista, Cal. Never tasted flesh. Always well
- and cheerful. Strong and quick to grasp an idea.
7. Three boys of Ida B. and Warren J. Burden of Portland, Ore. Never ate meat in any form, and could not be induced to do so. Health good. Everett, now nearly eight, is quick to learn; Harold, not quite five; and Baby Rodney, the sunshine and joy of the household. People told us we would starve the boys not feeding them meat, but they are now counted among the finest and healthiest children of the neighborhood.
8. Marim Battee, age two years, Soquel, Cal. Has never tasted meat in any form.
9. Dorothy A. Wirth. Age nineteen months, Racine, Wis. Never tasted meat. Principally granose, fruit, and crackers.
10. Evelyn Lois Hall, age twenty-one months, Los Angeles, Cal. At six months weighed only ten pounds and almost a skeleton through artificial feeding, till given sanitarium food, when she improved immediately. Her diet was soon changed to granose and porridge, as it was easier to obtain, and met her needs exactly. She grew fat, healthy, and happy on granose, which has been her principal diet ever since. Has never tasted meat.
11. M. Lawrence McLafferty, age four years. Never been sick. From two weeks old to fifteen months lived entirely on sanitas infant food. Never eaten meat. Tasted it once and spat it out with a look of disgust. Very fond of fruit, especially bananas; also grains.
12. Evert Utt, four years old, Richmond, Cal. Principal diet, granola, granose, and milk. Eats fruit

- and is very fond of malted nuts.
13. Genoa Samuel Zollinger, Marshfield, Wis. Never tasted meat nor butter. Very bright and energetic. Fond of all kinds of fruits, nuts, and vegetables. At one time while visiting a neighbor he was presented with a leg of a chicken. After carefully viewing it (not knowing what it was) he threw it to the further end of the room. The lady's daughter brought it back to him, but he only threw it away in disgust as before. He is the fourth generation, as his father, grandfather, and great grandfather—all vegetarians—are still living.
 - 14 & 20. Velva Blanche Bowes, and Ira Verle Bowes, Hartley, Iowa. No meat in any form. Never been sick. Of a family of eight these two have been by far the easiest to manage.
 15. Lois Artibee, age two years. Has never tasted meat. Has hardly known a sick day in her life. Diet chiefly fruits and granose with some milk. No vegetables and butter at time picture was taken.
 16. Verna Briggs, age two years, Morgan Hill, Cal.
 17. Effie (nine years) and Bertie (nine months) Hopkins, Maxwell, Ind. Their diet has been strictly vegetarian, and they are in perfect health. Bertie, who is now two years old, was reared on sanitas foods, which the parents consider a "perfect food for the little ones."
 18. Oscar Starr, age three years and three months, Forest, Idaho. Never tasted flesh. Two meals a day since two years old. Happy and healthy.
 19. Alfred J. Cooper, age three years, Mixcoac, Mexico. Now 4½ years old. Diet principally grains and fruits. Some nuts and vegetables. Very active physically and mentally.
- Robert Braden Tower, whose picture appeared in the October number, (age 13½ months, weight 28 pounds) has never tasted meat, butter, eggs, sugar, or cake. He takes cow's milk and malted nuts, granola, whole wheat wafers, Zwieback, and granose flakes, also nice ripe fruits. At eight months he ate four times in twenty-four hours, at twelve months he had only three meals a day. Sleeps all night from eight p. m. to 6:30 a. m. without waking, and takes a nap of three or four hours in the daytime. He was a very delicate baby to begin with.
- Mildred, Martha, and Wilbur Avesy, aged respectively five years, three years, and nine months. They are indeed vegetarians, are healthy children, early risers, and, unless something occurs to greatly interfere, they take a nap between ten and twelve o'clock, then they are fresh for dinner and afternoon. They eat grains, fruits, and nuts, with a few vegetables. Their hunger is easily satisfied with bananas, dates, peanuts, and flake foods. They have their sand pile for play. A stroll once or twice a week rests the little folks, gives them new thoughts, and makes them more contented.
- Bernice Naomi McLafferty, age 17 months. Has never eaten meat or anything containing cane sugar or animal fat except cream. Very fond of malted cereal and cream, and whole-wheat bread and milk, boiled rice and fresh fruit. Eats only three meals a day since a year old, and never between meals. Goes to bed at eight and rises at six bright, laughing, and ready for fun.



Clarence Guise Colcord, age two years and five months, College View, Neb.



Herbert A. Werth, age six years, Racine, Wis. Had some meat between three and four. Principally granose, fruit, and crackers.



Mark Haskell Brackett, three years and three months old. Swampscott, Mass. Has never tasted flesh in any form.



Ruth Geraldine Johnson, age 4 years and 10 months. Never eaten any meat, drank tea nor coffee. She never had any bread or vegetables to eat till she was nine months old. She has never been sick, and is a good sample of health.

The Ministry of Healing

Beginning with the new year the PACIFIC HEALTH JOURNAL will present to its readers a series of illustrated articles from the pen of Mrs. E. G. White, on "The Ministry of Healing." The first seven articles of the series, relating to the work of Christ as the great Medical Missionary, will appear under the following titles:—

The Saviour's Work

"I am come that they might have life, and more abundantly."

The Saviour's Ministration in Capernaum

"Never before had Capernaum witnessed a day like this."

The Touch of Faith

"Thy faith hath made thee whole."

Faith Grasps the Power of the Infinite

"Lord, if thou wilt, thou canst make me clean."

The Life-giving Word

"The words I speak unto you, they are spirit and they are life."

Healing of the Soul

"That ye may know that the Son of Man has power to forgive sins."

A Work of Gratitude

"Go and show how great things God hath done for thee."

PACIFIC HEALTH JOURNAL, Oakland, Cal.

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