

PACIFIC HEALTH JOURNAL

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Fifty Cents per Year

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

Entered February 2, 1902, as Second-class Matter; Post-Office at Oakland, Cal.; Act of Congress, March 3, 1879

PACIFIC PRESS PUBLISHING COMPANY, Oakland, Cal.

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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. |
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Scalloped Oyster Plant
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Mashed Potatoes
Mashed Squash

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Mock Mince Pie
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Cherry Preserves
Apple Butter
Muscat Grapes
Apples
Oranges
Bananas
Mixed Nuts
Layer Raisins

Strawberry Sherbet
Pineapple Lemonade
Caramel Cereal



VOL. XVIII.

Oakland, California, December, 1903.

No. 12

The Beginning of Disease

A Little Knowledge May Prevent Disaster

By A. Winegar-Simpson, M. D.

IN ancient times much superstition and ignorance existed as to the nature, cause, and treatment of disease. It was looked upon as an entity which could enter or leave the human body at will, or at the instigation of certain superior beings, who had power over evil spirits and the like. So there were to be found many "witch" doctors, and others who were supposed to be able to cure diseases by certain mysterious processes with which but few were familiar. The world has scarcely emerged from this great cloud of superstition, and to-day we find among many heathen nations, and even among those who have attained to the highest civilization, much ignorance as to the human body and the various diseases which have become so prevalent. Many superstitious ideas still prevail, and the great mass of people still cling to the opinion that, in case of sickness, the doctor must be able to give some medicine which will expel the disease. As a result of this sentiment, drugs and medicinal preparations of all sorts have been thrown upon the market, and their appearance as "sure cures," for almost every known malady has

found for them a ready sale and a quick consumption which has served to add to the wealth of the discoverer, while it has also, in many cases, increased the work of physicians, and added to the suffering and distress in the world.

Comparatively little is known among the laity as to the anatomy and physiology of the human body, consequently it is looked upon as such a complex structure and so complicated that only physicians dare interfere in any way with it. Far too little is known of the cause of disease, and of the simple habits of life and means of treatment, which would serve as a preventive of many of the most common and serious diseases.

The human body is so organized that, if properly cared for, it serves as a self-protector against disease. In other words, the body defends itself in a very remarkable manner. Every mother should have a thorough knowledge of the human body, and should train her children in correct habits of life, that the body may be properly developed, and that they may have a good store of health with which to begin life.

Because of the many superstitions which have prevailed for so long, many are afraid to do even the most simple things for the relief of suffering, and often allow a patient to suffer for hours while awaiting the arrival of a physician, when a very simple remedy would have given relief.

A knowledge of the cause of disease would often give much light upon the treatment of the condition. In many cases of digestive disturbance, for instance, the simple practise of abstaining from food for a short time, would do far more for the sufferer than any quantity of medicine administered by a physician. Neither is it always necessary to delay until a proper diagnosis of the disease is made by the physician, as to the regulations of the functions of the body, which are equally necessary in all diseased conditions, such as cleansing of the alimentary canal, proper restriction of diet, comfortably clothing the body, and the giving of proper rest. These may be attended to by members of the family before the physician arrives, and, if not sufficient to give entire relief, will often be a great aid to the physician in giving speedy relief.

A thorough understanding of the human body and familiarity with the normal processes would lead one quickly to discover if there were any departure from this condition, and thus enable one to begin treatment at a sufficiently early period to prevent a great deal of suffering, and often save a life.

Many acute diseases begin with a chill, and during the chilly stage the treatment would be practically the same for all diseases. The chill is usually followed by fever, which may be very slight, or so high that it becomes alarming. No one should de-

pend upon the mere impressions of heat of the surface of the body by means of the hand to determine whether or not the patient has fever, for very often the skin feels warm when there is but very little fever, or, on the other hand, the patient may have a very high fever and the skin feel cold. The only accurate method of determining the temperature of the body is by means of a clinical thermometer, which can now be purchased at a reasonable price in any drug store. The normal temperature of the body is given as 98.6° F., but may vary almost a degree at different times during the day. A temperature of 99° or 100° would usually be considered of little consequence, while a temperature of 102° or 104° should be an indication for treatment, as it may mean the beginning of a serious fever. The pulse is another means by which some information may be gained of the physical condition, although it must be remembered that the pulse varies considerably from childhood to adult life. At birth the pulse ranges from 130 to 140 and gradually decreases until maturity, when it is normally about 72. It is best felt over the radial artery at the wrist, but may be readily felt over any artery which lies near the surface of the body. In diseased conditions, the pulse may vary, not only in frequency, but in strength and regularity, being often so weak as to be scarcely perceptible, or in being irregular or intermittent. The tongue may also serve as an index of the bodily condition, although this is not so reliable as the two above mentioned, from the fact that we find few people with a perfectly normal tongue. In health the tongue presents a clean, pink appearance. In digestive dis-

orders, fevers, and some other conditions, there may be a white or brown coating, or the tongue may be very red and irritable. The bowels in health usually expel their contents once in twenty-four hours, although in some cases it may be more frequent, or a longer period may intervene. A very light clay-colored appearance of the stool indicates an inactive condition of the liver, while in other diseased conditions there are variations in color and consistency of the stool.

The appearance of the face, whether

flushed or pale, whether anxious or distressed, will often give a clew as to the feelings of a patient. The eyes may be bright or dull, or the pupils may be greatly dilated, or unequally dilated or contracted. In health the body calls for food at certain regular intervals, consequently a loss of appetite indicates an abnormal condition, and should receive attention.

Careful observation of these various conditions, and immediate attention to the same, will often prevent a long and serious illness.



An Appeal for Are

To The Sextant of the Old Brick Meeting-house

By A. Gasper

O! Sextant, there are a kermoddity
Wich's more than gold, which don't cost
nothin,
Worth more than anything except the sole
of Man!
I mean pewer Are! Sextant, I mean pewer
Are!

You shet 500 men, wimmen and children,
Spechally the latter, up in a tite place,
Some has bad breths—none aint 2 sweet—
Some is fevery, some is scrofulus, some has
bad teeth,

An some ain't none, and some ain't over
clean;

But every 1 on em breathe in & out an out
& in,

Say 50 times a minit, or 1 millian and a half
breths an our!

Now how long will a church full of Are last
at that rate,

I ask you? say 15 minits, an' then what's to
be did?

Why, then, they must breathe it all over
agin.

And then agin and so on, till each has took
it down

At least ten times, an let it up agin, and
what's more,

The same individooal don't have the privel-
edge

Of breathe his own Are an no one's else;
Each one must take whatever comes to him.

O, Sextant, doan't you know our lungs is
bellusses,
To blow the fier of life and keep it from
goin' out?

An how can bellusses blow without wind?
And ain't wind Are! I put it to your
conshens.

Are is the same to us as milk to babies,
Or water is to fish, or pendlums is to clox—
Or roots an airbs to an Injun Doctor.
Or little pills to an omepath,
Or boys to girls. Are is for us to breathe,
What signifies who preeches if I can't
breathe?

Wats Pal? Wats Paleus? to sinners who are
ded?

Ded for want of breth? why, sextant, when
we dys

It's only coz we can't breathe no more—
that's all.

And now, O! Sextant, let me beg you
To let a little Are into our church.

(Pewer Are is certain proper for the pewes)
And dew it weak days and Sundays, tew—
It ain't much trouble—only make a hole
An the Are will cum in of itself;
(It luv to cum in where it can git warm;)
And O! how it will rouse the people up,
And sperret up the preecher, & stop gasps,
An yawns and figgits as effectooal

As the wind an the dry Boans the Profit
tells of.

—Selected.

A Meatless Diet for Children

By H. E. Brighthouse, M. D.

Up to a year old the baby should be fed chiefly on milk. When the teeth begin to appear, it may be given dry granose flakes or granose biscuit. Babies are usually very fond of granose, and when it is given dry they are compelled, at least, to go through a

Granose is made from wheat, with the whole nutriment of the grain retained. It contains most valuable material for building the baby's bones and other tissues.

Granola is another very useful food. Being likewise made from grains, it is

CLARENCE GUISE COLCORD]

Aged, at time photo was taken, two years and five months. Is hearty, well, and strong, and a thorough vegetarian, never having eaten meat. He is exceedingly fond of graham gruel, granola, nuts, nut butter, fruits, and fruit juices. Is active, and of strong mind, asking 785 questions, by actual count, in one day, among others being the following: "What is



the color of the clouds inside?" "What did God get up onto to make the sky?" Around home he is commonly known as "The Cook Book Baby," his mother, Mrs. Anna L. Colcord, being the author of the popular little vegetarian cook book, "A Friend in the Kitchen," over 100,000 copies of which have been published. He was born in Melbourne, Australia, but at present lives at College View, Nebraska.

chewing motion, and as the granose is very easily disintegrated by moisture, and partly soluble, the baby's imperfect mastication very readily reduces the granose to a condition for swallowing. The granose may also be used moistened with milk, but the dry granose is preferable, and some, at least, should be given dry.

also rich in nutritious elements needed for baby's growth. These two foods, being well cooked, are readily prepared at short notice for baby's use.

Granose and granola, with some fruit juices, and soft, very ripe (but not overripe) fruit, form a sufficient dietary for the baby for some time. After fourteen or sixteen months old,

when it has a good share of its milk teeth, it may be given other grain foods, well-cooked. Baked potato, when mealy, may be occasionally used with cream rather than with butter. Up to this age, milk should still form a large part of the diet.

It is a bad habit to teach the child early to taste of various things at the table. The child learns to beg for things which are not good for it, and which may be really harmful. It is a

quantities of puree made from well-cooked peas, beans, or lentils, may early be added.

Children raised in this manner, wholly without meat of any kind, prove that meat is not essential to the growth and health of the child. Such children are as large of growth, as clear of complexion, as quick of intellect, full of life and vigor, as others. In the grains and legumes there is abundant material for growth and

Mildred, Martha, and Wilbur Avery, aged respectfully 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.

much better way to simply give it its allowance of what it ought to have, reserving its forming a taste for other things till the time when they may suitably be added to the diet.

Good soups, made from vegetables, or rather the broth from vegetables, may early be used with advantage. These soups are not made with meat stock. Peas, beans, and lentils, very thoroughly boiled, with the skins separated by means of a colander, can be made into nutritious soups with good milk; and when used with a little granose, granola, or zwieback, give variety to the dietary. Small

energy, and the child judiciously fed without meat or flesh of dead animals has abundant material for development, without the system's being overtaxed with the meat extracts, which tend to rouse too early the animal propensities. For this reason alone, if for no other, meat would better be left out of the dietary of children.

2315 Jackson Street, S. F., Cal.



It is reported that deaths from consumption in New York have decreased 40 per cent since the health department began its crusade against the disease in 1891.

The Prevention of Communicable Diseases

By T. J. Evans, M. D.

[Supt. of St. Helena Sanitarium.]

TYPHOID FEVER.

TYPHOID fever is an acute, contagious disease, characterized by fever, headache, loss of appetite, coated tongue, enlarged spleen, and a rose-colored eruption. The disease is caused by the typhoid bacillus, which is a very small, rod-like germ, containing from ten to twenty flagella, or tails, with which they propel themselves along. The bacillus is so small that if fifteen hundred should be placed end to end, they would hardly reach across the end of a pin. The germ finds lodgment in the alimentary canal, and develops the disease. They form small ulcers, and penetrate into the intestinal wall itself. Ptomaines are thrown off and carried into the circulation, producing the typical fever, which rises gradually, reaching its maximum, which is 104° to 105° , in from one to two weeks. It remains at this elevation for another period of from one to two weeks, when a gradual decrease begins, which occupies a third period, lasting from one to three weeks. The fever throughout the disease is characterized by marked daily remissions, the evening temperature being from one to three degrees higher than the morning. The pulse does not decrease during the third week, as does the temperature, but becomes more feeble and frequent.

During the first week, constipation is usually present, but it often emerges into a diarrhea as the disease advances.

Tenderness and puffiness of the abdomen shows itself by the seventh or eighth day, also the eruption appears upon the abdomen, and comes on in crops, each crop lasting from three to four days, this continuing for two weeks or more. The tongue is coated, and becomes dry and fissured, and sordes collect on the teeth. The spleen enlarges during the second week, and dilarium is more or less marked during this time.

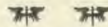
As soon as a case of fever occurs, every effort should be made to ascertain the source of infection; the water, milk, and vegetables should be carefully examined. The soil may be a fruitful culture bed, and water is a frequent source of infection. Green vegetables eaten raw may become contaminated with infected water or soil. Epidemics have occurred by eating raw oysters from infected oyster beds. Flies are responsible for much of the spread of typhoid fever, by breeding and feeding upon the infected discharges, and carrying the bacilli, smeared upon their feet and bodies, to butter, meat, and other foods.

Milk is an especially favorable culture media; if contaminated with a few typhoid bacilli, it may in a few hours be teeming with infection. The germ requires but little organic matter to sustain its life, and it will retain its virulency in distilled water for three months. Dr. M. J. Rosenau says, "The addition of one to two per cent of carbolic acid to the culture media

does not retard its growth and development." It is a very hardy organism, but an exposure to moist heat for ten minutes, at a temperature of 60 C., will destroy the bacillus. Boiling water destroys it at once. If the germs are exposed to a bichlorid of mercury solution of one to one-thousandth, carbolic acid three to five per cent, or formalin three to five per cent, they are able to survive but a short time. The excreta from a typhoid patient should be exposed to one of these solutions before it is emptied from the receptacle, as the germs are carried a long distance through the earth. Most epidemics of typhoid fever can be traced to some definite source of infection, showing there has been contamination in the

water, milk, or some other vehicle, whereby the germs are carried into the alimentary canal.

In 1885, at Plymouth, Pa., there was an epidemic of typhoid fever, where a large number of the inhabitants were attacked with the disease. Out of a population of 8,000, 1,200 were infected from a reservoir which supplied the water to the city. The excreta from a patient suffering with typhoid was emptied on the frozen ground about sixty feet from the stream which supplied the reservoir. In about three months the spring rains began falling, and ten days later there were cases of typhoid in the town. Most of the cases occurred in the part of the town which received its water from the infected reservoir.



Degenerate Children

UNDER this heading the London "Daily Mail" of July 16 makes brief mention of a recent report of the London School Board, regarding the inefficiency of children in attendance at the schools under their charge. In this report, the medical officer of the Board testified that many of the children was so defective in one way and another, as to unfit them to be properly benefitted by school instruction.

Concerning their physical condition, the report shows that among "children of all ages ten per cent have defective eyesight, with the result that most of them are thrown back in their school work. Ten per cent. have hearing so imperfect as to interfere with their work. About one per cent have affections of the ears which, if neglected,

quite commonly lead to fatal results before school days are over."

But this is not all. Besides these twenty-one per cent of physically disabled ones, the report states that "there are so many feeble-minded children that special classes have been opened for them in sixty-one centers. Feeble-minded children are quite distinct from imbeciles or lunatics. Then there are a large number of imbeciles for whom there is no provision. Out of 455 of those examined, 126 were found to need keeping under custody."

With such a revelation concerning the physical and mental condition of London children, one is prepared to believe the following further statement from the afore mentioned report:—

"A considerable proportion show

little moral restraint, some are almost without speech, some seem incapable of work, others work without progress or intelligence. Very frequently, too, they are addicted to staying out or even wandering at nights, and many of this last class come into the hands of the police. Some have bad habits, and tendencies to immorality are common."

In view of these things, the question is being generally asked by the thoughtful ones, and properly so, What is the cause of all this? There are doubtless several causes, one of which is the underfeeding of the children because of deep poverty. Indeed, the report under consideration says that 22,000 children had to be provided with food in London public schools last winter, some of whom were thus fed for twenty-three weeks.

Then again there are mothers who, though having enough with which to feed their children, do not know how properly to do this. Many of these little ones, while in the mother's arms, are freely given pickles and mustard. To illustrate: A Miss Heald not long since, in a Health Congress at Liverpool, said:—

"Can any one imagine a more hopeless spectacle than a small child gnawing a piece of raw, dirty suet? It may have been more nutritious, but not more suitable as an article of diet, than fried meat, with pickled cabbage, or a basinful of pickles and mustard. That all these things have been given and are being given is a fact. I have also heard of a poor, miserable infant being 'fed' on a 'dummy' with a bit of sugar on the end of it."

Feeding babies with cheap sugars has become very common, especially by mothers who are engaged in the strife

of bread-winning. So great has become the demand for "baby sweets" that enterprising tradesmen are attempting to supply the demand with "attractive" sugars, chemically prepared with chloride of tin. A celebrated physician of Bournemouth—Dr. F. W. Blake—put some of these sham sweets to the test. He fed a swarm of bees with a sample, and the following morning counted 300 dead and dying bees about the hive. He does not hesitate to declare that the use of this material for babes is largely responsible for the rapidly increasing death-rate among them.

But probably one of the worst phases of this question is that of giving children strong drink. It is a common thing for some mothers to go to the public bar with their babes in their arms, and, while drinking the gin or whisky their appetites have craved, help the babe to all that it will take. In advocating a law to stop such practices, one person testified in the public print, that on a recent holiday he saw one little fellow of seven, carrying about a bottle of brandy and water from which he took frequent draughts, and each time he indulged, gave some to his little sister of four.

With such habits common among the poor of London, it is little wonder that the Public School Board is obliged to make so startling and terrible a report of the mental and moral condition of the school children. The great question to be asked if this thing goes on, is, Where will it end? This may readily be answered, after reading the statistics on insanity just published, of which I hope to speak in another article.

J. O. CORLISS.

Leicester, England.

Question Box

Answers by the Editor

Dark Fruits. Are dark fruits injurious to the liver? Ans. No.

Yeast Bread. Falling Hair. (1) How can bread be made light without yeast? (2) Will the bread be as light without fermentation? (3) Does yeast injure the digestive organs? (4) Does a woman lose much hair (as is generally believed) after each childbirth? (5) What is a good remedy for falling hair?

Ans. (1) By beating air into the batter, as in gems; by thorough kneading and rolling, as in rolls; by the use of beaten eggs, as in puffs; by the "salt rising" method which utilizes germs instead of yeast. For the average person none of these is preferable to well-made yeast bread. Another method which we consider the worst of all is the use of baking powders or other chemical means for producing carbonic acid. (2) Probably not. (3) Yeast in quantity can not be good for digestion; and in some stomachs even a small quantity acts disastrously, so that yeast bread can not be eaten without causing trouble. But good yeast bread is probably handled without difficulty by the average stomach. If yeast bread is sliced and slowly toasted in the oven until it is slightly brown on the outside, the yeast will be killed. (4) This I believe is customary, especially in difficult labors. (5) Cut the hair short; practise massage of the scalp, to increase the circulation and nutrition. Dandruff, if present, must be cured (suggestions for treatment of dandruff given below). If the hair is falling out as a result of childbirth it will probably grow in again.

Neuralgia. (1) Is neuralgia the direct result of starved nerves? (2) If so what foods are necessary to feed the

nerves? (3) When neuralgia starts at the temple and goes to the nerves at the base of the brain, affecting also the nerves behind the ear, does it indicate serious trouble, and what trouble? (4) What is the difficulty when one has to use hands to raise eyelids in the morning?

Ans. (1) Neuralgia has many causes. Predisposing causes are heredity, and run down physical condition. Exciting causes are, exposure to cold and wet; local irritation, by pressure or other means; infectious diseases; rheumatism and gout; poisons; local disease in the course of the nerve; disease of the mouth, nose, or eye. (2) Foods such as build tissues generally, as nuts, cereals, vegetables, and fruits. There are no special "nerve foods." (3 and 4) It would be impossible to tell from the symptoms you mention the exact nature of your trouble. Possibly they merely indicate a general neurasthenic condition requiring rest, change of scene, and tonic treatment. You would do well to go to your nearest sanitarium and undergo a complete examination. Though your symptoms do not necessarily indicate anything serious, yet they may be the forerunners of graver troubles, and often a little treatment at the beginning may be the means of warding off months, and perhaps years, of invalidism.

Dandruff. This affection requires treatment, not only because it is a source of annoyance, but because it is the cause of baldness. It is a disease of the scalp, caused usually by the presence of micro-organisms, or germs. It is therefore communicable

from one person to another. Hence combs and brushes used by persons affected with dandruff should in no case be used by others. In fact the proper way hygienically as well as esthetically is for one to use his own brush and comb. One beginning a course of treatment for dandruff should start by disinfecting his brush and comb, and repeat the process quite frequently, for it is possible to re-infect the scalp after the disease has been eradicated. Most of the remedies for dandruff contain germicides. The head should be thoroughly shampooed twice a week with soap and warm water. The fol-

lowing is one of a number of remedies recommended:—

Resorcin	60 grains.
Potassium Hydrate	18 grains.
Carbolic Acid (95%)	25 drops.
Cocoonut oil	4 drams.
Lanolin	4 drams.

Dissolve the potassium hydrate in a small amount of water and add the other ingredients. This should be rubbed vigorously into the scalp twice a day. The brisk rubbing in washing the head and in applying the ointment is not the least important factor in effecting a cure.



Recipes for Holiday Menu

By E. G. Fulton

Tomato and Okra Soup

Large onion, 1
Butter
Stewed tomatoes, 2 cups
Soup stock, 4 cups
Thinly sliced okra pods, 2 cups
Flour, 1 teaspoonful
Nut butter, 1 teaspoonful
Chopped parsley
Salt

Brown the onion in a saucepan with a little butter; add flour, nut butter, tomatoes, parsley, and okra. Add the soup stock, and cook slowly for three hours. Season with salt and serve.

Vegetable Soup Stock. No 1

Cooking oil, $\frac{1}{2}$ cup
Butter, $\frac{1}{4}$ cup
Put into a saucepan, and add

Carrot, medium, 1
Turnip, 1
Celery stalks (with root), 2
Parsley sprigs, 2 or 3
Onions, large, 2
Bay leaves, 2

All to be chopped fine; place on range and cook slowly, stirring occasionally to prevent burning until the vegetables are nicely browned, then add

Flour, $\frac{1}{2}$ cup

Stir and mix thoroughly until a rich brown, being careful not to burn, then add

Strained tomato, 1 cup, and
Boiling water to required
consistency.

Strain through a fine sieve and the stock is ready for use.

Protose and Celery Salad

- Diced protose, 2½ cups
- Grated onion, 1 tablespoonful
- Oil salad dressing
- Salt, 1 teaspoonful
- Crisp celery, 1¼ cups
- Lettuce or celery leaves

Cut protose into half-inch dice, add a little salt, grated onion, and celery cut into same size as protose. Set in ice-box, and just before serving pour over some of the oil salad dressing, and mix all together lightly. Serve on lettuce leaves or garnish with celery leaves.

Oil Salad Dressing (Sour)

- Lemon juice, 2 teaspoonfuls
- Olive oil, ¼ cup
- Salt, ½ teaspoonful
- Water, 2 teaspoonfuls
- Eggs, 2

Beat together in double boiler, stirring constantly. When it begins to thicken, place in cold water and stir until cold.

Mock White Fish

- Rice flour, ⅓ cup
- Butter (scant) 1 teaspoonful
- Mace, ¼ teaspoonful
- Salt to taste
- Milk, 1 cup
- Grated onion, 1 tablespoonful
- Mashed potatoes, 3 cups

Heat the milk to boiling, stir in the rice flour, butter, onion, mace, and salt. Cook all ten minutes, stirring frequently. Have the potatoes ready, freshly cooked and mashed; while hot add the rice mixture and put into a pan to cool. When cool cut in slices, dip in egg and crumbs, put in oiled pan and bake until nicely browned. Serve with parsley sauce.

**Vegetarian Turkey with Dressing
Cranberry Sauce**

- German lentils, 1 cup
- Chopped walnut meats, ½ cup
- Milk, 1 cup
- Salt
- Celery salt
- Granola or bread crumbs
- Minced onion, ¼ cup
- Chopped celery, 1 cup
- Eggs, 2
- Sage
- Sliced bread

1. Thoroughly wash the lentils and soak overnight. Boil slowly until tender and rub through a colander. Add the walnut meats, one egg, and the minced onion browned with the chopped celery in a little oil. Add salt and sage to taste. Thicken with granola or bread crumbs.

2. Dip thin slices of bread in a mixture of one egg and a cup of milk,— or thin slices of nuttolene may be used instead. Make alternate layers of 1 and 2.

Dressing

- Stale bread crumbs
 - Eggs, 1 or 2
 - Hot milk, 2 cups
 - Butter, 1 tablespoonful
- Mix bread crumbs with hot milk, eggs, and butter. Season with salt, sage, and onions. Serve with cranberry sauce.

Serve slices of the roast with a spoonful of the dressing on one end, and cranberry sauce on the other.

Pumpkin Pie

- Mashed pumpkin, 1 cup
- Molasses, ⅓ cup
- Sugar, ⅓ cup
- Salt, 1 teaspoonful

Flour, 1 tablespoonful
Eggs, 2
Cinnamon, 1 teaspoonful
Milk, 1 cup

Mix all together thoroughly, adding the milk last.

Mince Pie

Minced apples, 4 cups
Prune juice, 1 cup
Sugar, 1 cup
Molasses, 1 cup
Minced protose, 3 cups
Butter, 2 tablespoonfuls
Seedless raisins, 2 cups
Grated rind and juice 1 lemon

Stew all together until thick enough for filling. Flavor with

Salt, 1 teaspoonful
Cinnamon, 1 teaspoonful
Nutmeg, 1 teaspoonful

Steamed Fruit Pudding

Tart apple pulp, 2 cups
Sugar, 1 cup
Eggs, 6

Grape juice, 2½ cups
Salt, ½ teaspoonful
Toasted bread crumbs, 4 cups
Seedless raisins, 1 cup
Lemon rind grated, 1
Vanilla, 1 tablespoonful

Mix all well together except the whites of the eggs, which should be beaten stiff and added last. Turn into a buttered mold and steam or boil for three hours. Serve with sweetened cream flavored with nutmeg.

Strawberry Sherbet

Ripe strawberries, crushed, 4 cups
Water, 4 cups
Lemon sliced very thin, 1
Powdered sugar, 2 cups

Mix strawberries, water, and lemon together and let stand in glass or earthen jar for two hours. Strain through coarse cloth and add the powdered sugar. When sugar is dissolved, strain, and keep on ice until served.



The Appalling Increase of Insanity in Europe

J. O. Corliss

RECENT statistics concerning insanity, especially in England, reveal some most startling facts. Less than fifty years ago there were only about 38,000 insane persons in England and Wales, while the latest official report of January 1, 1903 gives the number as 113,964. These terrible figures may be better appreciated, perhaps, by noting the increase of insanity by decades, instead of during the whole time at once. Between the years 1859 and 1869, the number jumped from

36,762 to 53,177; from the latter date to 1879, the figures rose to 69,885; in 1889, they had risen to 84,340, and in 1899 to 105,086; while during the next four years they increased to 113,964, or, counting these years equal in results, 2,219 for each year.

Looking at the matter from another view-point, we see that in 1859, the proportion of insane was one in 536, while at the opening of 1903, the proportion was one to 293, or nearly double in forty-four years! At this

rate of increase it would not be so very long before insane people would outnumber the sane. But, from another view of the statistics, the increase latterly has been mounting much faster than before. From January 1, 1902 to the first day of 1903, the figures rose from 110,713, to 113,964, or 3,250. Indeed, it is stated by the official report, that never since records were kept has there been such an increase in the numbers of the insane, as in the year 1902. While the difference in the numbers cared for that year and the preceding one is 3,250, it is stated on authority that the number of persons who became insane in 1902 swells to the number of 22,581, or nearly 500 each week!

While I have not the figures at hand to produce, we may be sure that the continent of Europe is not far behind England in this terrible scourge. But what is the cause of this steadily and rapidly-growing increase? It has been found from the figures of 1902, that by far the greatest part of the afflicted were from the pauper class. While many causes are adduced as contributing to the results found, twenty-three per cent of all the male lunatics are said to have been made by strong drink, which seems to stand at the head of all causes. This being so, what is to be the end of these things? Statistics show that drunkenness steadily increases in France, and has even now become the modern leprosy of the country. Medical testimony from there says that two-thirds of all their insanity came through intemperance.

More than one-half of all the murders committed in Italy are attributable to strong drink. Gin-drinking has become so common in Holland

that a league has been formed to abolish its use. With a population of only little more than 5,000,000, more than \$35,000,000 is annually spent there for drink.

In Germany, intemperance has increased so much that the civil authorities now arrest every one found drunk, and fine him heavily for the offense. Cognac and kirschwasser are drunk in large quantities in the north of that country.

Everywhere the use of intoxicating drink is increasing, and it can not be wondered at that insanity increases in the same ratio. Those who are intelligent concerning these facts, are laid under heavy obligations to their fellow men in the matter of education to soberness. Mothers, as well as fathers, need to know that the seeds of intemperance and insanity are sown in the dietary habits formed in their children. They should be taught rational living in all its bearing.

Leicester, England.

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Dr. J. R. Leadsworth, who has for a number of years practised in Spokane, Wash., part of the time as superintendent of the Mt. View Sanitarium, has located in Riverside in the Glenwood Tavern, a beautiful modern hotel built after the mission style of architecture and capable of accommodating more than 500 guests. The doctor has fitted up a laboratory and offices for eye, nose and throat, and X-ray work, besides electric-light baths and the other appliances necessary to giving hydropathic treatments.



Christmas

"Glory to God in the Highest, and on Earth Peace, Good-will Toward Men." Luke 2: 14.

CHRISTMAS with all its merriment, gay festivities, and gift-giving, is again here. Around this day cluster many beautiful thoughts and many tender memories. From earliest childhood we have been taught to regard this day as the birthday of Christ, the Saviour of men.

The gift of Christ to a lost world was the most precious that Heaven could bestow upon the children of men. In celebrating this day as the day of His birth, preeminently should we not make Him a birthday gift of the choicest and best that we possess? If to do this costs us some effort and self-denial, it will be all the more acceptable to Him.

HOW SHALL WE GIVE?

The human mind, prompted by the love of a grateful heart, can devise many ways and means of giving to Him. But perhaps many feel that they are doing this when they give to one another. Let us stop for a moment and look into the motives in giving. Many persons give to their friends because it is customary to do so, and they wish to be in harmony with the world generally in this matter; others because their friends expect it, and because they know they will give to them. Some make gifts to win favor, and expect to be repaid in some other way.

But in the one short life we have to live below, shall we allow any such mercenary motives to control us? Is it not better rather to have some personal conviction of right in these things? Shall we not have some sense of our individual responsibility to help turn the great tide of mankind toward a holier, loftier view of gift giving, by following a better way ourselves?

Let us give with the same motive that prompted our heavenly Father to give to us. Let us give to those from whom we expect to receive nothing. Let us try to gladden the hearts of the poor and needy, the sick and afflicted. "Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto Me."



Christmas Dinners

It is said that physicians and nurses are kept especially busy during and after the holiday season. This should be a gentle reminder to us regarding the matter of diet. The intestinal disturbances caused by unrestrained indulgence of appetite at this special time are alarmingly suggestive. Children usually suffer most because they have no judgment themselves, and their parents do not exercise theirs for them on such special occasions, for the popular idea of a

good time means unrestrained indulgence. By careful nursing and good medical attention many are bridged over these times, but the evil results leave their trace on the life, physically and morally. O, the world is full of people who have the lesson of self-indulgence thoroughly mastered, but where are those who have learned the lesson of self-mastery over a perverted appetite? Ah, they are few, very few. Shall we not begin at once to train our children to stand with the noble few?

THE

"How Busy Women Find Time for Missionary Work"

By Mrs. Hattie Florence Morser

"How to make lives worth living?
The question haunts us every day.
It colors the first blush of sunrise;
It deepens the twilight's last ray.
There is nothing that brings us drearier
pain
Than the thought we have lived, are living,
in vain.

"We need each and all to be needed,
To feel we have something to give
Towards soothing the moan of earth's
hunger,
And we know that only then we live
When we feed one another as we have
been fed,
From the hand that gives body and spirit
their bread."

I STATED last month in my introduction that I would begin with how one busy woman found time for missionary work. To make a success of any undertaking whatever, let it be house-keeping, home-making, or a part in the business world, if we want to be a true missionary in the true sense of the word, the first requisite is love—love for the work.

The greatest thing in this world is

love. Self-love is not love at all. We must forget self before we can begin to love. Love is genuine only when it has the characteristics set forth in 1 Corinthians 13. Linked with love we must exercise faith. "This is the victory that overcometh the world, even our faith;" for "without faith it is impossible to please Him." We must "believe that He is," and that He has given you and me each a talent, and "that He is a rewarder of them that diligently seek" to put that talent out to usury for His special benefit. As we walk day by day, believing, our hearts should burn within us as did the disciples of old when they walked with our Lord.

Half the battle is to love the work we have to do. The secret of achievement is enthusiasm, and the more lasting one's success when that spirit of enthusiasm is enforced by the quality of persistence. Enthusiasm lightens the entire record of human accomplishments. Given its possession, the humblest mechanic may become an inventor, the petty toil of each day is transfigured, and we spring with alertness to every task, for the sound of triumph is resounding.

Regularity, concentration, and enthusiasm, also patience, pluck, and perseverance, are qualities necessary to permanent success in missionary work as well as in all other fields of labor.

"Our lives they are well worth the living
When we lose our small selves in the
whole,
And feel the strong surges of being
Throb through us, one heart and one
soul.
Eternity bears up each honest endeavor;
The life lost for love is life saved forever."

(To be continued.)

Dress and Development

By M. Elisabeth Burns-Howell

World of Woman, what but Fashion

Holds you, molds you, this way, that way?

Not what should be, but what "They say;"

Bind at feet or waist or neck,

Come and go at Fashion's beck—

O, this torture-tyrant, Fashion?

THE human body should be as free in the clothes put upon it as the bodies of the brute creation are without clothing of any sort. The first absolute essential is, freedom for every organ, both internal and external, that every normal function shall have unrestricted activity. To this end, Nature should be the arbiter of our modes rather than that fantastic, and altogether unscientific monitor, Madam Fashion. The natural waist of the European peasant woman is the truly beautiful one, rather than that physical deformity produced by the French corset. In fact, corsets of every sort are altogether wrong. Nature needs no corseting to hold her in, or down, or up.

The first essential of form is a proper proportion of parts. If there is an enlargement here or a deficiency there, the case should be gotten at fundamentally. Study proportions. Examine yourself. Is the chest high, the bust firm and full and high-set? Does the abdomen set well back into the pelvic cavity, or does it protrude unduly? Is it of medium fullness, or excessively large? How about the chin? Is it habitually carried close to the neck, with the back of the head well drawn up, giving to the head that queenly poise which every beautiful woman carries? Is the neck round and soft, yet not excessively full under the chin? Are the arms and limbs

symmetrical, and supple in movement, and the hands and fingers shapely? Are the shoulders round, never square, simply drooping with easy abandon, or stiffly held back? Of course they should be held firm, but never angular.

How about the waist? It should be proportionately as large as a man's. If the waist is of a proper size, the hips will not appear unduly large. How does the torso curve? Forward or back? The figure in stays usually presents a concave front and straight or convex spine, with greater length of back than front from neck to waist. These conditions are the reverse of the natural form. There should be a smooth, well-rounded slope from neck to abdomen in front, plainly convex. The back should curve in from shoulders to hips, with hips well back, not however, to the exaggerated extent of the "kangaroo shape." Happily this abominable abnormality is now losing its popularity. Should a bustle be needed?—No, if the spine has its proper direction. The natural protrusion is from behind, instead of in front.

Study the Venus De Milo. "But she is nude, and hence untrammelled" you exclaim, "while I must wear clothes!" Ah! The pity of it, that first change of fashion, when our ancient fore-mother lost her robe of shimmering light, and sought to hide her guilty shame in a garment of fig-leaves! Since that time, men and women have had, always, the perplexing problem of what to wear, and how to make it.

Have you read "Sartor Resartus"? There is indeed a philosophy of clothes. But clothes are themselves an accident to our human life, compelled by the exigencies of this stormy old world. The wearing of garments is an acquired habit. Have you not noted

how most babies hate to be dressed. We clothe ourselves for modesty and for comfort, for warmth or for coolness, and, forsooth, for *ornament*, particularly the last, in this our day and generation.

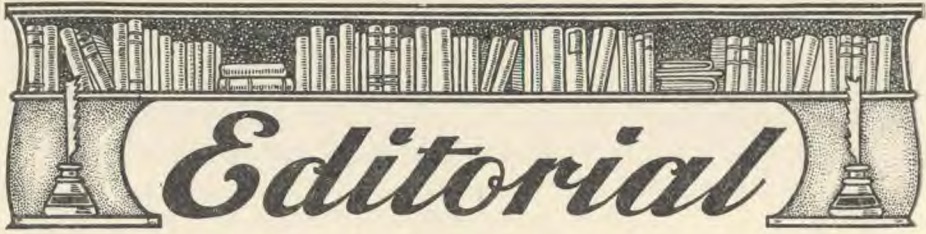
But this is not an essay on clothes; it is simply a suggestive brief for future development. Briefly then, nothing should be tight—not waists, nor collars, nor shoes, nor garters, nor gloves. The blood must circulate, the organs must have free play. To avoid tightness at the waist, the fundamental point, everything on the trunk and limbs should be supported from the one horizontal portion of the body, the shoulders.

Try to put a petticoat on a pole or an old-fashioned churn, if you will excuse the homeliness of the illustration, without a tight girt the thing can't be done. But then, a pole is a solid inanimate thing, and since it has no lungs, nor heart, nor stomach, nor liver, not to mention some thirty feet of intestine to suffer from strangulation, we may draw the strings with impunity. But your woman's body is another matter, albeit analogous in form to any other cylindrical shape. And it is a pulsing, living, growing thing, with its inner secret places, wherein abides the hidden life; and its walls are plastic as clay, to be marred, or molded beautiful by ourselves—sculptors that we are—whether with conscious thought or no.

The corset, the tight band at waist or neck, the heavy skirt, all cut in at vital parts, and disastrously deform. To solve the problem in a simple manner, it is only required to wear the union-suit, and skirts with waists sewed on; or waists with buttons or

books for the attachment of skirts. The skirts should not be many nor long nor heavy. Nature suggests and art recommends that the line of attachment of skirt to waist should be just below the bust, rather than just above the hips. The lower parts of the body are thus more modestly draped, while the length of skirt (not on the ground, however) gives sweep and grace to the carriage. Greater freedom is thus secured to stomach and bowels too, while all pressure is removed from the spine.

Besides equal distribution of weight there should be an equable temperature in all parts of the body. Upon this principle depends the equalization of the blood pressure in every part. What think you, then, of a thin waist and a thick skirt? Or of sleeveless vests, or knee drawers? Where is the greatest heat? At the end of the pipes or nearest the engine? What is the body-engine? Is it not your heart? Where do the pipes end? You say at the hands and feet. Which needs more clothing then, your trunk or your limbs? These are simple things; so simple that "the way-faring," though a fool, need "not err therein." And yet, disregard of things so simple has brought thousands to ill-health, not to mention premature death. But time presses. Matters of color and texture, of cut and finish, and methods of form development we can not enter into here. We have but entered the borderland. The wise will ponder principles herein hinted, and press on up the heights, for beauty and health and holy happiness lie beyond. But remember that after knowledge obedience is the price and passport.



Our Holiday Menu

MR. E. G. FULTON, manager of the Vegetarian Café, 755 Market Street, San Francisco, has kindly furnished us with a holiday menu and recipes. This will show what can be accomplished in the way of furnishing a vegetarian spread. A more dainty and complete menu could not be desired. In fact, most families would prefer to prepare a much simpler dinner; and this can be done by making a selection of dishes from Mr. Fulton's menu.

One views such a repast with satisfaction as he realizes that it is not adorned with the carcasses of animals whose lives have been cut short to satisfy someone's appetite. The menu, however, is not entirely free from names which remind us of "the flesh pots of Egypt." The true vegetarian, who is such from principle, does not relish such names any more than he would "stewed snails," "boiled caterpillars," etc. They are repulsive to him. But we are in the work of calling people away from a flesh diet, and many are not yet so far away that they do not relish any flavor that reminds them of the old meat-eating days. So we have "mock white fish," "vegetarian turkey," and similar names. This out of deference to the newer converts to vegetarianism.

By the way, Mr. Fulton is preparing a cook book which we hope will

soon be published, which will be a great help to any one desiring to prepare vegetarian foods in an appetizing manner. This book is the result of long experience in restaurant work. Every recipe has been tested under the supervision of Mr. Fulton. The writer has had the privilege of carefully reading the manuscript of this book and making some suggestions. Some will object that the recipes are not simple enough; and the writer himself prefers a more simple diet; but the great fault of vegetarian reformers is that when they take meat away they do not adequately supply its place. It is not enough to supply the same amount of nutrition; it must be in a form to tempt the appetite.

Professor Pawlow's well-known work on dogs, has demonstrated that the taste of food and the appetite have much to do with the character of the digestive work; and we believe that many have developed stomach trouble after adopting a vegetarian diet, because they did not understand this principle.



Regarding the pictures and descriptions of Vegetarian children appearing in the November number, I wish to state that the half tones do not do justice to the photographs. It is probably not reasonable that we should

expect them to, when we consider the fact that they must be greatly reduced in size, and printed on a large form. We wish all our readers could have the privilege of seeing the original photographs of some of these little vegetarians.

We reproduce the picture of Clarence Guise Colcord, because description was not given at the time. We also reproduce the description of the Avery children which appeared last month, as it was not accompanied by the cut.



Suggestion

AS DEFINED by Gould in his "Medical Dictionary," suggestion is the artificial production of a certain psychic state in which the individual experiences such sensations as are suggested to him, or ceases to experience those which he is instructed not to feel." This definition may do for hypnotic suggestion, in which the individual is placed in a hypnotic trance before suggestions are made; but it is not broad enough to cover the various uses to which the word is put in medical writings. I should define it as *the induction of any mental change which affects the physical condition of the body.* This makes it nearly synonymous with mental healing, psychotherapy, mind cure, etc. It depends upon the law we all recognize, that every mental change affects, in a greater or less degree, the physical condition; and any change of bodily condition reacts on the mind. While all sickness does not originate in the mind, there is little sickness—whatever may be its cause—which is not influenced very largely by the mental condition of the patient.

All are familiar with tears, a flushed or pale face, a heavy beating heart, hearty laughter, and many other physical expressions of mental states.

The condition of the mind is reflected in the face and the body. All understand such expressions as "hair standing on end," "knees knocking together with fear," "heart came up into the throat." One man's attitude is commanding; another's is submissive, the body merely expressing the condition of the mind.

Some sad news spoils the appetite. A bitter disappointment causes a fit of indigestion. Worry and business care undermines one's health. But there is no need of my multiplying examples. The working of this law is too familiar, even to those who have not studied into medical subjects, to need further illustration on my part.

Medical books recognize two kinds of disease,—organic, in which there is some change noticeable in the structure of the organ or organs involved; and functional, in which no such structural change can be detected. The number of "functional" diseases is year by year growing less; for increased accuracy of observation enables investigators to detect minute but important changes of structure which were formerly not observed.

It is probable that at some time all chronic diseases will be found to be accompanied by structural changes.

Nevertheless, in all cases, no matter what the disease or its cause or what the structural change, the patient's mental condition always wields a potent influence for good or bad, on the course of the disease. Catarrh of the stomach is an organic disease accompanied by destructive changes in the secreting surface of the stomach; yet the condition of the patient's mind makes the digestion either better or worse; and if worse, the products of bad digestion irritate the stomach walls, increase the catarrh, and thus make the patient's case more hopeless. This, in turn, reacts upon his mind, causing increased despondency.

As mental influences cause and increase disease, so they may and do mitigate and cure disease. In fact, the one thing that all doctors—of whatever school,—have in common is suggestion. Every successful physician practises—perhaps unknown to himself—a form of suggestion. Often the smiling, hopeful, sympathetic face of a respected and loved family physician is enough to turn the scale in favor of the patient and give him a fresh start in life. "Bread pills and colored water" and similar devices are forms of suggestion, and they are often very effective. The writer recalls a case where a medical student was attending a lady who had the morphin habit, brought on by injudicious use of the drug by a physician. This medical student had the daily task of administering to this patient in the morning her dose of morphin hypodermically. He gradually reduced the morphin until he was using pure water, and kept up this practise for some time. If for any reason he did not come at the appointed hour, she became nervous and manifested all the

symptoms of advanced morphinism. When he gave her the injection (of water) she was quiet and contented. Tiring of this process he finally told her she was cured—that he had been giving her water instead of morphin, for a long time. It enraged her to think she had been deceived and she went back to her morphin again.

Faith healers and Christian Scientists are successful very often, and always through this law of suggestion. I do not refer here to the action of the Spirit of God and the acts of healing performed by Christ and His followers, but to the professional "healers" who are accumulating wealth through this "divine healing."

Now I have no objection to the term "divine healing," even when the healing is performed by these people, if the term is used in the sense that all healing is Divine healing; for He is the only One who can create or who can heal. Every case of healing, whether by prayer, or through medicine, or by means of fomentations, is performed through the power of God. The farmer can plant seed and water it. God makes it appropriate nourishment and grow. And God only can make the cells of the body appropriate the materials necessary for the restoration of health. The healing power is in the body itself and that is the power of God. Doctors and nurses only supply the conditions, as the farmer does with the seed.

The doctor "cures" a patient in the same way that the farmer "raises" a crop of corn. He stands by and sees the Creator do the work.

God heals through means. We have discovered some ways of cooperating with Him in this work. Often He heals in spite of our bun-

gling work. God cures partly through the mind.

As God's power is manifested in the creation of a child, even when the child is the result of a criminal assault or an unlawful union, so it is the power of God that affects a cure, even though the cure follow a lot of heathen incantations. "All power is of God." If I drop a brick out of a fourth-story window and it crushes some one's skull on the sidewalk below, it is God's power manifested in the attraction of gravitation that has contributed to the result. He does not change His laws to keep my sin from producing its natural result. In fact, whenever we sin we compel God to serve with our sins.

So, though incantations are devil worship, and only evil, if they produce a cure, it is because in some way (perhaps by means of suggestion) they have set in operation some one or more of God's healing agencies.

The 103d psalm says, speaking of God, "Who healeth ALL thy diseases." His agencies are many,—sunlight, fresh air, rest, exercise, proper food, *a contented, hopeful mind*. Whatever the system of healing, and whatever its pretenses, if it consciously or unconsciously makes use of one or more of these, it is using God's healing agencies, and to Him belongs the credit for the cure. "I am the Lord thy God that healeth thee."

How much more rational, then, is that form of suggestion which points to God as the Author of all good, the Mighty Healer, and helps the afflicted one to exercise faith in Him who is the Source of Health. The contentment which comes from a lively Christian hope is a potent soother of the nerves, and a mighty antidote for many of the ills which now afflict mankind, especially when coupled with a reform in the habits of life.



Books

"TEACHING TRUTH," by Mary Wood-Allen, M. D.

This little work, written in Dr. Wood-Allen's usual chaste and sympathetic but forceful style, contains just that information which every mother should possess in order to acquaint her darlings with the mysteries of their being before they have had opportunity to receive this knowledge all besmirched with the filth of the street.

This information is, to the fortunate child whose mother is intelligent on

these matters, a veritable "tree of life;" to the child who receives it from chance playmates, it is the "tree of the knowledge of good *and evil*," bearing the marks of the pit, and potent for untold evil. Impurity would soon be reduced to a minimum if every mother could realize her obligation to teach her children the truth regarding their being. Ninety-seven pages; cloth; price, 50 cents. Wood-Allen Publishing Company, Ann Arbor, Michigan.

"ALMOST A WOMAN," one of Dr. Mary Wood-Allen's "Teaching Truth" Series. Wood-Allen Publishing Co., Ann Arbor, Mich.; cloth, 98 pages; price, postage prepaid, 50 cents.

This little book I ordered for my daughter and read it through at one sitting, being much impressed with the tactful and delicate manner in which the functions of womanhood and motherhood are explained, so as to be easily comprehended by a young girl. Its perusal must lead to the development of higher ideals, purer aspirations and nobler lives.

I know of no better way for parents to acquaint their daughters with the important truths, which too often are learned in connection with evil suggestions from questionable acquaintances, or perhaps by sad experience.



"Return to Nature! the True Method of Healing and Living, and the True Salvation of the Soul, Paradise Regained," by Adolph Just, authorized translation for the fourth enlarged German edition, by Benedict Lust, Naturalpath, published by B. Lust, 124 E. Fifty-ninth Street, New York; 309 pages, cloth, \$2.00, paper, \$1.50.

This work contains much that is excellent, notably the advocacy of more light and air, simpler and more rational clothing, and the discarding of meat, alcohol, tobacco, coffee, etc.

We wish the publishers well, for we welcome every attempt to lead back to a more natural life. Still we can not accept all the positions taken.

We are not ready, for instance, to discard all science and all civilization.

Science is simply knowledge, systematized. Mr. Just observes a few facts, and reasons from them. Other men observe a large number of facts, using microscopes and other means to make their observations, and reason from them. According to Mr. Just, all this latter reasoning—in some cases many men having independently gone over the same ground and arrived at the same results—is worse than useless. Of course *his* reasoning, based upon a few facts observed by himself, is sound.

We are not prepared yet to accept the doctrine that man should "be guided solely by the voices of nature (instinct, conscience, organs of sense, etc.)," or that "the only way in which man can be cured is to abjure science and all things scientific," nor that we should discard books and the opinions of men *entirely*. I suppose Mr. Just makes an exception of his own book and his own opinions, else he might have saved himself the trouble of publishing it.

We concur that nature is easy to understand but fail to see why it is that for 6,000 years the people have so far failed to interpret nature that they did not know how to bathe in a natural manner until shown by Mr. Just.

We can not agree that the bath recommended in this book (sitting in shallow, cold water, splashing the abdomen, then wetting the entire body, and drying without a towel), is the only natural bath, or that it is the most natural bath. We can not agree that we are to go to the animals for all our knowledge of how to live, for that would mean the abolition of the marriage relation, of books, printing presses, houses, clothing, and other inventions (of the devil?) and live as

do the bushmen and tree-dwellers. In fact, even these might discard some things and get back a little nearer to nature. Why not? It seems to me this is returning to nature with a vengeance.

The man who has fathered a system—who has given his best thought to the production of a book—naturally looks upon that system and that book as superior to all others. But none are perfect. We think there are other systems, other baths, other methods which yield as good results as Mr. Just's. The success of any system, however, depends upon the *enthusiasm* of its expondus. So I've no doubt the Naturalpaths will have a large following and will accomplish much good in turning people from injurious practises.

What I object to most in the book, however, is the teaching that salvation of the soul can come through physical means—that Paradise can be regained by means of improved hygiene.

Some interpretations of Scripture seem to me to be quite fanciful; for instance, the tree of life is vegetarianism, and the tree of the knowledge of good and evil is *flesh-eating!* Some other Scripture interpretations are as wide of the mark.



THE editor of the *Surgical Clinic* gives a vivid picture of the cocain "fiend" in the following:—

"The morphin user is quite often more of a curse to himself than to others; he may, by using some self-control, use the drug for years, and none be the wiser, but the cocain victim is absolutely undone from the first. The delusions and illusions that

fill his mind render him unfit to attend to the simplest matter; the staring eye and uneven gait attract the attention of the passer-by and, if the man be able to think at all, he knows, in these more lucid moments, that he is a marked and ruined man. Then the physical damage is tremendously greater. The cocain habitué gets thinner and thinner, and unless braced up by the drug his strength leaks away at a fearful rate. In a few weeks a once robust man will be a mere wreck, and the only question to settle is whether his mind or body is the worse. The action of cocain on the heart is well known, and it is not uncommon for the user of it to drop unconscious, and sometimes he dies in that state."



The Fad of Homework

I saw a boy, a little boy,
But ten (or scarcely more),
Come staggering home beneath a weight
Of text-books that he bore.
In school from nine to three he toiled;
From seven to nine with tears
He fagged at "home-work" sleepily—
This boy of tender years.

"What do you learn, O little boy?"
He answered dolefully,
"Why history, word analysis,
Advanced geography,
Mythology and language,
And art and music—well,
And physics and arithmetic—
Of course we read and spell."

"When do you play, O little boy,
Of years and text-books ten?"
"Bout half an hour, because I've got
To do my 'home work' then."
His head was large, his face was pale;
I wonder how the nation
(Whose hope he was) could ever use
This slave of education!

—Ella M. Sexton, in the *Examiner*.

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, December, 1903.

No. 12

Sanitarium Notes

Three intending missionaries have joined the training-class since our last report.

MRS. DR. A. J. SANDERSON, of San Francisco, recently spent a day at the Sanitarium.

Dr. T. P. Tisdale, of Alameda, recently made a flying trip to the Sanitarium.

Mr. L. T. Silkwood and family, of Fernando College, have connected with the Sanitarium.

A large proportion of the patients attend the religious services and manifest deep interest in the work.

A number of times recently we have had the privilege of hearing Mrs. E. G. White speak in the chapel.

Dr. Edith C. Wells, of San Francisco, who has been the guest of Dr. Margaret Evans, returned to her home last week.

The early rains have added new beauty to the Sanitarium surroundings, clearing the atmosphere and making walking and riding a delight.

Wm. M. Graham, Jr., 2d Lieutenant 12th Cavalry, who has been spending his leave of absence at the Sanitarium, sailed on the 2d inst. for the Phillipines.

Judge Crowe, who, with his wife, has for some time been a guest at the Sanitarium, has expressed his appreciation of the diet in verse which appears elsewhere in this number.

The family have recently had a special season of seeking the Lord. Many loads have been laid aside. New views are being taken of the sacredness of this work and of the splendid opportunities here presented of working for the Master.

A few evenings ago the Sanitarium family were invited to the gymnasium where they were entertained for two hours inspecting a collection of "works of art." Everyone was pleased. The management purpose to provide similar entertainments from time to time.



TO GUESTS with a ready pen, the beauties of the surroundings, together with all that goes to make sanitarium life a pleasure even to invalids, are incentives to portray their impressions on paper. We give herewith two recent productions, which, tho written in somewhat different vein, both show appreciation of the attraction of sanitarium life.

St. Helena Sanitarium

Lizzie Cross Peckham

Do you feel out of sorts with the world and its care?
 Just hie to the woods, with their balsamic air;
 There's a beautiful spot, a fair paradise,
 Near St. Helena, it most charmingly lies.
 There is a dear home well up on the hillside,
 Where they'll cure all the ills that with you may abide.
 A sweet spirit of love pervades over all,
 And a corps of physicians await at your call.
 They remove all obstructions, get down at the cause,
 And teach you observe all of Nature's true laws,
 To keep in harmony with its beautiful ways,
 That the Lord of all truth may lengthen your days.
 None of His creatures are here given pain;
 To appease man's appetite, nothing is slain:
 In this lovely Retreat, with its forest of shade,
 Purest foods are from nuts and cereals made.
 From the vegetable kingdom you make your own choice;
 With the finest of fruits you are made to rejoice.
 At this royal banquet, as you sit down to dine
 You may drink of the vintage, fresh from the vine,
 Attended by maidens most gloriously fair,
 For the beauty of heaven abides with them there.
 What their hands find to do, they do with their might,
 Like Sisters of Mercy, or Angels of Light.
 They lave us and bathe us with tenderest care,
 And teach us sweet lessons of patience while there.
 As you hear their sweet hymns in the soft early morn,
 You'll dream of the glory for which you were born.
 As you tread the bright paths, your soul will be fed
 At the banquet of beauty which before you is spread.
 No artist can paint it, no pen can portray
 The bright panorama you'll see on your way;
 As you drink the great draughts of pure atmosphere,
 You will feel that God and the angels are near.

October, 1903.

To Dr. Margaret

I. F. C.

At St. Helena's fair Retreat,
 The air is pure, the water sweet;
 And should you ask what you can eat
 A girl in blue with apron neat,
 Murmurs at once in accents sweet,
 Bromose, Meltose, Granose, Protose.
 The shade upon the hill is deep,
 The paths are easy, clean, and neat.
 The view, this world can scarcely beat,
 What wonder then that still you eat
 Bromose, Meltose, Granose, Protose.

When in the treatment room you go,
 Where all is clean, and white as snow,
 A neutral bath, a good salt glow,
 At once you're ready then to go
 To Bromose, Meltose, Granose, Protose.
 If things go wrong and you should fret
 As people will wherever met,
 There's balm in St. Helena yet,
 Apply to Dr. Margaret
 For Bromose, Meltose, Granose, Protose.
St. Helena, Oct., 24, 1903.

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

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Tobacco Number, April

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Healthful Dress, October

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