

# PACIFIC HEALTH JOURNAL

## *Contents*

Why Is It?

How to Treat the Sick  
in Their Homes

The Liquor Traffic and  
Prohibition

Medical Progress

Influence of Appetite  
on Digestion

# The House We Live In

---

---

## THE MAKING OF THE BODY

The following is a partial list of chapter titles:

### *The* HOUSE WE LIVE IN



#### Houses and Temples

Substances in the Body  
Proper Care of the Bones  
Our Telephone System

#### Our Kitchen

The Eating Room  
The Music Room  
A Gentle Nurse  
A Cruel Murderer

**A**

BOOK for home reading intended to assist mothers in teaching their children, how to care for their bodies, and the evil effects of narcotics and stimulants. It is written by a woman who knows full well the needs of children and who has had long experience in helping them.

She dedicates this volume "To my dear friends, the children and those who see the Creator in His 'creative works.' "

As an indication of how this excellent book is appreciated by educators, we might say that the State Board of Education of Kansas has adopted it as a supplemental reader on Physiology. Also one of the most thorough private schools in California has just ordered a supply for its use.

The book contains 218 pages and is fully illustrated.

Price 75 cents.

---

---

## Pacific Press Publishing Company

Oakland, California

# Books for Home Workers

## EDUCATION

*Development and service* are here shown to be the greatest blessings that can be experienced, for they give the highest type of joy in this life and impart a fitness for the joy of a wider service and the "higher course" in the school of the hereafter. Looking at the subject of Education from these standpoints, everyone is interested in it, and so they will be in this book when it is shown to them. 321 pages.

**Cloth, \$1.25**

## Power for Witnessing

Brimful of experiences of what the power of God through His Holy Spirit has done for men, women, and children in every walk of life. Truly as one reader remarked of it, "The book is alive." 201 pages.

**Cloth, 75c    Paper, 25c**

*A liberal discount will be given to those who take up the sale of these books*

## Thoughts from the Mount of Blessing

A beautiful and sympathetic interpretation of the Master's blessings pronounced upon the disciples and the multitude—and us as well—so long ago. The text, the printing, the illustrations, and the binding, all unite in making this volume a real "gem" as it has so often been called by its many readers. 218 pages.

**Cloth, 60 Cents**

## Things Foretold

A fully illustrated series of lessons on Prophecy. Although written especially for children, older people thoroughly enjoy the direct manner in which the author treats the different prophecies which are supposed to be so hard to understand. 113 pages.

**Price, 50 Cents**

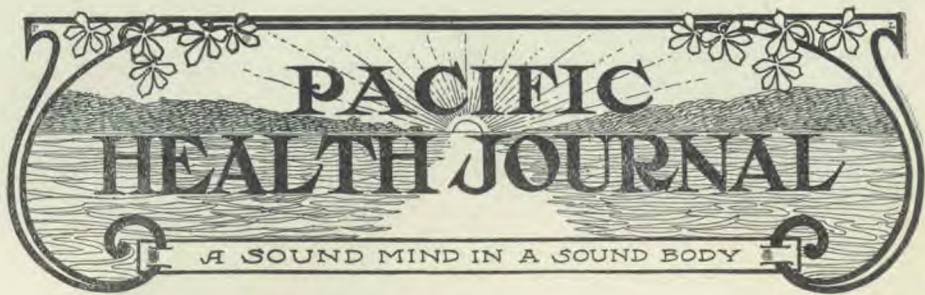
*A liberal discount will be given to those who take up the sale of these books*

**PACIFIC PRESS PUBLISHING COMPANY**  
18 W. 5th St., Kansas City, Mo.    ::    Oakland, California



I AM the Bread of Life.  
he that cometh to me shall  
never hunger, and he that  
believeth on me shall never thirst.

John · vi · 35.



VOL. XIX

Oakland, California, February, 1904.

No. 2

## Why Is It?

By Abbie Winegar-Simpson, M. D.

**W**HY is it, that with the almost universal desire for health, so few have it? Is the preservation of the health an art so difficult of attainment that few can master it?

Health is one of our greatest blessings; without it, other blessings fail to secure to us the happiness which we all seek. Not many appreciate its value while they have it. Few who lose it, ever regain it.

Well might we voice the words of the psalmist, "I am fearfully and wonderfully made." A marvelous machine is the human body; intricate in all its parts and yet so perfectly made, and so beautifully joined together, that, through life, it keeps up its activity, each part performing its function notwithstanding the varied abuses heaped upon it.

Health is "the perfect circulation of pure blood in a sound organism." In other words, the harmonious action of all the organs of the body. Throughout life, influences are brought to bear upon the body which obstruct its action, causing those derangements of the bodily functions, that inharmo-

nious action of the different organs, called disease.

We are scarcely emerging from the cloud of darkness and superstition which through all past ages has enveloped this subject,—the nature, cause, and treatment of disease. Too little thought is given to the care of the body, too little attention to the facts brought to us through the study of physiology and hygiene.

Some of the causes of disease begin their operation in our earliest infancy; some, generations before we were born. As Oliver Wendell Holmes well says, "We are all omnibuses in which our ancestors ride." We inherit weakened constitutions and a tendency to disease of various kinds.

The organs are overtaxed by the excessive work imposed upon them, and when one organ or set of organs is disturbed, it disarranges the relation of all the organs. The infant in its mother's arms is overfed because the mother hears nothing in the cry of the little one but a call for food. Food is often administered at irregular hours and at too frequent intervals, increasing the work, and often producing

dilation and prolapse of the organs. Thus the seed is sown for a harvest of suffering later in life.

Much digestive disorder has its origin in early infancy. This derangement often creates an unnatural desire and an abnormal appetite which not infrequently leads to the use of stimulating foods and drinks such as puddings, pastries, pickles, meat, tea and coffee, and later in life, to the use of intoxicating drinks. These substances serve only to increase the work of organs already struggling under an unnatural load. Nature's effort to bring the organs back to perfect function is baffled by the abuses which are repeatedly inflicted.

While errors in the matter of diet form a large proportion of the causes of disease, there are other disturbing elements. There is the whirl of business and society which gives little time for rest, relaxation or exercise, the fashionable but unhealthful modes of dress, and the constant use of drugs and narcotics supposed to cure disease.

Nature is the great restorer, and if left to herself would no doubt many times do what physicians and drugs fail to do. We are forcibly impressed with the words of Sir John Forbes, M.D., F.R.S.: "Some patients get well with the aid of drugs, more without it, and still more in spite of it." The work of the physician and the nurse should be to aid nature, and to place the patient in harmony with nature's laws. Simplicity of life would do much to accomplish this.

I have been much interested in the experiences of three Hollanders whom it has been my privilege to meet recently, and who have discovered the beauty of a simple life as a means

of securing and maintaining health and happiness. The oldest of the three began the present way of living three years ago in his native land, having somewhere read of the advantages of pure and simple food as an aid to health. He began at once to put into practise the things he studied, and has ever since followed the same simple plan. His diet consists of graham bread, of which he uses ten loaves each week, with butter and fruit, the bread being the only cooked food used. He sleeps in an open room, even in the most severe weather, and enjoys the best of health. He works hard at carpenter work all the time, and says he never has a cold or sickness of any kind.

The other two young men have lived in this simple manner for only one year. One began this course because he had stomach trouble. It was very soon relieved, and he has never had a return of it. These two young men are hod-carriers, used to hard manual labor, yet they find their diet ample, and they never have any kind of sickness.

Food should be taken to nourish the body, and not to gratify a perverted appetite. Substances which throw unnecessary burdens on the digestive system should be discarded from the bill-of-fare. The return to a natural diet will require self-denial, but the strength gained from being in harmony with nature's laws will enable one to exercise greater will-power in turning from the old ways. And as we see the bloom returning to the cheek, elasticity to the step, and new life to the whole being, we will feel well repaid for the effort.

317, West Third St.,  
Los Angeles, Cal.

## How to Treat the Sick in their Homes

By H. E. Brighthouse, M. D.

**O**NE who is sick is out of harmony with nature. Some or all of the functions of the body are working abnormally.

The nervous system is itself out of order, and as a consequence small causes produce large effects. Slight digressions or irregularities which have no effect or are not noticed in good health, cause much trouble in sickness. In health we may eat some unwholesome article of diet and not feel any direct result. The functions working normally, a great deal of ill usage is borne without our becoming conscious of any derangement, but in sickness a different state exists. Every slight digression is answered by protest from nearly every function of the body. Many a relapse has been caused by just a little digression in diet.

It is for this reason that when one has fever it takes so little to cause the fever to rise. The slightest digression in diet, a little excitement, a little fatigue and the fever which seemed under control runs away up. It is because of these things that one who is sick, must be so carefully guarded from bad influences, whether in the matter of eating, over-exercise or excitement. People not accustomed to the sick-room can not realize the importance of keeping the sick person quiet, and especially is this so in the care of children. Conversation carried on in the sick-room, with or without an effort to interest or amuse the sick person, may be very fatiguing. It is not seen at the time that the patient

is becoming fatigued. Later, possibly in the night, serious symptoms develop as a result.

Therefore, in the care of the sick, avoid loud noises, loud talking, slamming of doors in the sick-room and every element of excitement. Do not discuss before the patient things which would in any way tend to arouse anxiety or fear. Permit no disagreeable conversation in the room, and avoid all talking and laughing in the close vicinity of the patient. Strong, bright lights are an annoyance and an injury to the patient, where they shine in the face. Let the bed be comfortable. See that the air is pure. A little impure air is much more harmful to a sick person than to one who is well. In health the poison of impure air can be borne with less ill result than in sickness. In sickness the purest air is needed as the person is throwing off from his body so much poison.

The diet of a sick person should consist of simple foods. The digestive functions are acting abnormally, possibly scarcely acting at all, so a diet which requires much digestive energy would produce very serious symptoms, perhaps be the means of making the case take an unfavorable turn. For a sick person a liquid diet is always best. It is more easily digested than solid food. Milk is very nourishing, and being a natural food and a liquid, is in general excellent for the sick. However, being a good medium for the growth of germs, it can not be a

good diet when the stomach and intestines are not in condition to destroy germs, which is always the case in stomach and intestinal diseases. Therefore, in inflammation or catarrh of the stomach or bowels, in typhoid fever, and in diarrheas of all kinds, milk is not the best diet. In stomach and bowel trouble and diarrheas of children and infants, milk must be interdicted for a time, the time to be regulated by some one who thoroughly understands the disease and the child. It may be from a few hours to days. Milk, in digesting, forms hard curds in the stomach, and because of this can not be used when the digestive function of the stomach is very feeble, as in very high fever.

Gruels are good, when rightly made and are preferable to milk, when the foregoing conditions exist. Fruit juices can not be too highly recommended. There is in the acid of fruit a natural cleansing and antiseptic property, and being easy of digestion, in fact not needing any digestion, there is no tax to the system. The subject of diet and cooking for the sick will be considered more at length in a later paper.

In respect to the **duty of the family to the physician:** It is essential that the physician who is in charge of the case should be one who has the perfect confidence of the family. He should be treated with absolute frankness in everything. His orders should be strictly followed. If for some reason his directions can not be carried out, or there are objections to the directions which he gives, he should be frankly told. It is unjust to the physician and not right to the patient to receive a physician's orders and then follow out the directions of

some one else. Neighbors and friends who come in and give advice, should not be listened to in preference to the physician. This practise of listening to everybody's advice can not be too strongly condemned. Important directions of physicians are set aside for the suggestions of any neighbor or friend who comes along, though she knows nothing as to the true merits of the case. The responsibility is upon the physician, and if the case turns out unfavorably the physician still bears the responsibility. If one has not perfect confidence in the physician employed it is far better to make a change, and select one in whom enough confidence can be placed that they may have entire charge of the case.

Another important duty to the physician is faithfulness in **reporting symptoms.** Where one is not trained for this it may be difficult to know just what should be reported and what is not essential. Such things as fever, pain, cough, sleep, need to be noted. As for the fever, it is necessary to note when it is highest, when it goes down, what effect it has on the patient, whether it causes the mind to wander. As for pain, the physician should know what kind of pain exists and where the pain is situated, about how long it has lasted. The physician should know how the patient sleeps, if his sleep is quiet, broken, or restless. The condition of the bowels should be carefully noted. It is necessary to report whether they move of themselves, the appearance of the stools, and whether there is pain with bowel movements. The same with regard to the urine. If the lungs are affected, one should notice the kind of cough, whether there is much expectoration



with the cough, and whether it is easy or difficult to expectorate. Sometimes the manner of the patient's lying, sitting, or moving is of value.

It is well to make a memorandum of anything that happens, otherwise it will slip the mind. Write down just what it was, when it happened, and then when the physician comes there is something accurate to give him, which will greatly help him in arriving at right conclusions. It is very easy

to forget especially when one is worried with the unusual care of a sick person, and things become confused as to just what did occur or how it happened. Herein is the value of trained nurses, but it is not always possible to have trained assistance; for this reason every mother and every daughter should know some of the essentials of the care of the sick.

1436 Market Street,  
San Francisco, Cal.



## Patent Medicines

MANY of the medicines advertised as cures for the alcohol and opium habits are wicked frauds, and all religious and temperance papers should unite in exposing them. Cocain, opium, and alcohol are in nearly all of them, as chemical analysis reveal. A case is mentioned in a recent number of the *Journal of the American Medical Association* of a man who used large quantities of a "seaweed tonic" to cure himself of inebriety, when suddenly he was taken with delirium tremens and died. The "tonic," according to the article, contained, unknown to the poor victim, forty per cent of alcohol. Schenck's Seaweed Tonic is 19.5 per cent alcohol, yet it is advertised as "entirely harmless." Dr. Buckland's Scotch Oats' Essence is one of the most diabolical of these frauds. It is sold as a cure for both the whisky and opium habits, yet contains thirty-five per cent alcohol and one-fourth grain morphin to the ounce (see *Journal of Inebriety*, July, 1897, page 276). Parker's Tonic is ad-

vertised as a "purely vegetable extract. Stimulus to the body without intoxicating. Inebriates struggling to reform will find its tonic and sustaining influence on the nervous system a great help to their efforts;" yet it contains 41.6 per cent of alcohol. Hoofland's German Bitters are said to be "free from all alcoholic stimulant," yet are 25.6 per cent alcohol. These bitters are much used among women. Kauffmann's Sulphur Bitters "contain no alcohol," it is said, yet analysis shows no sulphur, but 20.5 per cent alcohol. Walker's Vinegar Bitters, "free from alcoholic stimulants, contain no spirits," yet are 6.1 per cent alcohol, stronger than ordinary beer. Copp's White Mountain Bitters, "not an alcoholic beverage," 6 per cent alcohol. Brown's Iron Bitters, "perfectly harmless, not a substitute for whisky," 19.7 per cent alcohol. These percentages are taken from the report for 1896 of the Massachusetts State Board of Health.—*The Danger in Patent Medicines.*

# The Liquor Traffic and Prohibition

By Mrs. E. G. White

## LICENSE LAWS.

The licensing of the liquor traffic is advocated by many as tending to restrict the drink evil. But the licensing of the traffic places it under the protection of the law. The government sanctions its existence, and thus fosters the evil it professes to restrict. Under the protection of license laws, breweries, distilleries, wineries, are planted all over the land, and the liquor-seller plies his work beside our very doors.

By the licensing of the liquor traffic, temptation is kept constantly before those inebriates who are trying to reform. Institutions have been established where the victims of intemperance may be helped to overcome their appetite. This is a noble work; but so long as the sale of liquor is sanctioned by law, the intemperate can receive little benefit from inebriate asylums. They can not remain there always. They must again take their place in society. The appetite for intoxicating drinks, though it may be subdued, is not wholly destroyed; and when temptation assails men, as it does on every hand, they too often fall an easy prey.

The man who has a vicious beast, and who, knowing its disposition, allows it liberty, is by the laws of the land held accountable for the evil the beast may do. In the laws given to Israel, the Lord directed that when a beast, known to be vicious, caused the death of a human being, the life of the owner should pay the price of his carelessness or malignity. On the same principle does the government,

in licensing the liquor-seller, make itself responsible for the results of his traffic. And if it was a crime worthy of death to give liberty to the vicious beast, how much greater is the crime of sanctioning the work of the liquor-seller.

Licenses are granted, on the plea that they bring a revenue to the public treasury. But what is this revenue when compared with the enormous expense incurred for the criminals, the insane, the paupers, that are the fruit of the liquor traffic!

A man under the influence of liquor commits a crime; he is brought into court; and those who legalized the traffic are forced to deal with the result of their own work. They authorized the sale of a draught that would make a sane man mad; and now it is necessary for them to send the man to prison or to the gallows, while his wife and children are left destitute, to become the charge of the community in which they live.

Considering only the financial aspect of the question, what folly it is to tolerate such a business. But what revenue can compensate for the loss of human reason, for the defacing and deforming of the image of God in man, for the ruin of children, reduced to pauperism and degradation, to perpetuate in their children the evil tendencies of their drunken fathers?

## PROHIBITION.

The man who has formed the habit of using intoxicants is in a desperate situation. His brain is diseased, his will-power is weakened. So far as

any power in himself is concerned, his appetite is uncontrollable. He can not be reasoned with or persuaded to deny himself. Drawn into the dens of vice, one who has resolved to quit drink is led to seize the glass again, and with the first taste of the intoxicant every good resolution is overpowered, every vestige of will destroyed. One taste of the maddening draught, and all thought of its results has vanished. The heart-broken wife is forgotten. The debauched father no longer cares that his children are hungry and naked.

By legalizing the traffic, the law gives its sanction to this downfall of the soul, and refuses to stop the trade that fills the world with evil.

Must this always continue? Will souls always have to struggle for victory, with the door of temptation wide open before them? Must the curse of intemperance forever rest like a blight upon the civilized world? Must it continue to sweep, every year, like a devouring fire over thousands of happy homes?

When a ship is wrecked in sight of shore, people do not idly look on. They risk their lives in the effort to rescue men and women from a watery grave. How much greater the demand for effort in rescuing them from the drunkard's fate.

It is not the drunkard and his family alone that are imperiled by the work of the liquor-seller, nor is the burden of taxation the greatest evil which his traffic brings on the community. We are all woven together in the web of humanity. The evil that befalls any part of the great human brotherhood brings peril to all.

Through love of gain or ease, many a man would have nothing to do with

the liquor traffic; but he has found, too late, that the traffic had to do with him. He has seen his own children besotted and ruined. Lawlessness runs riot. Property is in danger. Life is unsafe. Accidents by sea and by land multiply. Diseases that breed in the haunts of filth and wretchedness make their way to lordly and luxurious homes. Vices fostered by the children of debauchery and crime infect the sons and daughters of many a refined and cultured household.

There is no man whose interests the liquor traffic does not imperil. There is no man who for his own safeguard should not set himself to destroy it.

The honor of God, the stability of the nation, the well-being of the community, of the home, and of the individual, demand that every effort be made in arousing the people to the evils of intemperance. Let the danger from the liquor traffic be made plain, and a public sentiment be created which shall demand its prohibition. Let the drink-maddened men be given opportunity to escape from their thralldom. Let the voice of the nation demand of its law-makers that a stop be put to this infamous traffic.

*Sanitarium, Cal.*

*"Who hath oh! who hath alas!  
who hath contentions?"*

*Who hath complaining? who hath  
wounds without cause?"*

*Who hath redness of eyes?"*

*They that tarry long at the wine;*

*They that go to seek out mixed wine."*

—Prov. 23:29, 30, R. V., margin.

## Progress in Medicine and Allied Sciences

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

A COMMITTEE, appointed by the American Pharmaceutical Association to report on acquirement of drug habits, has recently published its findings. The report shows that the opium habit is markedly increasing; alarmingly so in the army and navy. The majority of the class known as habitual criminals are opium habitues. It is further stated that many drift into the habit in the hospital corps by the frequent handling of the drug. That part of the report which refers to the use of cocain and the cocain habit shows a worse state of affairs. While the effects of the cocain habit are not so generally known as are those of morphin, there is nothing yet discovered that has such a baleful effect upon the user.

One of the reporters says that he has seen the drug literally "turn a bright, high-principled man into a sneak-thief and liar, absolutely without regard to morality or principle. Nine-tenths of the cocain habitues seem to have acquired the habit by the use of patent medicine or prescriptions, and it is rapidly supplanting the use of morphin among men and women on the 'under world.'" But any drug which soothes the nervous system seems sooner or later to fasten its hold upon the user and is not readily shaken off. The heroin habit has made its appearance, headache remedy habits are reported, diarrhea remedies are reported habitually used by a large number who sooner or later become morphin or laudanum users.

The lesson in point is that no one can use drugs having a hypnotic effect upon the system and leave them off at pleasure, as they would a garment. The majority of those who become drug habitues are not weaker morally than the rest of us. But, because of excesses in eating, drinking, work, etc., the over-wrought nerves utter a most vigorous and uncomfortable protest, and are promptly subdued by some sedative drug. This process is repeated until there is established a constant craving for the influence of the drug. The only safe precaution is to shun these sedative poisons under all circumstances, and leave off the excesses which lead to their use.



DR. A. R. WARD in the December number of the *California State Journal of Medicine* reports tuberculosis as occurring rather extensively in large chicken farms. He finds that symptoms are noticed only in advanced cases; the bird becomes anemic and weakened, the disease most frequently being found in the liver and spleen, only rarely in the lungs. The question is naturally raised as to what extent the eggs are effected. To us it seems a simple proposition. A sick hen with a constitutional disease affecting more or less all the organs could produce nothing but a sick egg, and a sick egg is not easily recognized on account of the difficulty in taking its temperature, feeling its pulse, looking at its tongue, etc.

Some interest is at last being shown by prison authorities in various parts of the United States looking to the construction of isolation wards in connection with penitentiaries. Heretofore there has been an indiscriminate crowding together of prisoners, it often happening that one badly infected with tuberculosis was confined in a cell with a fellow prisoner not so afflicted. Then when one thinks of two men spending never less than fourteen hours each day during six days of the week, and on the seventh day nearly twenty-one hours, in a cell seven by seven by four feet, and with a slop bucket in the cell for their use in responding to the calls of nature, which no one can prevent from being offensive and pestilential, it is little wonder that statistics show that tuberculosis is rapidly gaining ground in many prisons. In New York alone it appears that 253 deaths occurred from this disease in the three state prisons in five years. If the crime of these unfortunates is worthy of capital punishment the penalty should be meted out as such. But where the penalty of minor offenses is being met by penal servitude, the physical well-being of the prisoner should be sacredly guarded. To place him in daily contact with the deadly disease, tuberculosis, seems to us as inhuman as the ancient custom of confining criminals in the pits with wild beasts. In the latter instance the prisoner has a fighting chance, while in the former he has not even that.



It would hardly seem possible in this enlightened age, when so much is being written of the relation of dirt and disease, both from the individual

and community point of view, that a physician would go before his conferees in a medical society and advocate with no little bombastic display a gospel of dirt—the unhealthfulness of keeping clean. While the utterances were unsupported by reliable data, and were insufficient to merit serious thought, still they were sensational enough to be taken up by the daily newspaper and heralded broadcast over the land. Nevertheless, it is altogether unlikely that a single stratum of society will be influenced by such teaching. Some years ago the writer was connected with a medical mission in Chicago, the home of this would-be reformer. Recognizing the relation of cleanliness to godliness the promoters of this mission had provided both bath tubs and wash tubs, with plenty of soap, where the tramp was given a chance to clean up free of cost. So great were the demands for this chance to get clean that men actually fought for first place at the door, knowing that only thirty or forty could be accommodated at one time. Frequently, upon winter mornings when the thermometer stood 10 to 20 degrees below zero, an hundred or more men would stand in line for hours simply for the opportunity to get in where soap and water could be had to clean up. So while this guardian of the public health has gained some cheap notoriety in ventilating his opinions, we can not think they will occasion much serious thought.

*Riverside, Cal.*

*The fight against tuberculosis must necessarily be a fight against the alcohol.*

—Dr. Legrain, Paris.

## Question Corner

**Exercise for weak eyes. Fake Foods.** W. D. C. Neb. writes:—

*Ques.*—Please explain some exercise for giving strength and endurance to the eyes. Ordinary use of my eyes soon tires them. Reading or sewing is worse. Why does not the eye grow stronger as the arms do, by exercise? Do you know anything of the "nerve food" advertised in the enclosed circular?

*Ans.*—If you had one hundred pounds strapped to your back, you might be able to get around if you were vigorous; but to do the work that others do would make you miserable before night, and probably you would find that the more you exercised, the more exhausted you would be. If the weight were fifty pounds, you might not realize its presence until some attack of sickness weakened you generally, when you would begin to notice the weight on your back.

This is a crude illustration of the condition of many eyes. On account of faulty shape of the eyeball much extra work is thrown upon the muscles of accommodation. Where this is not too great, the person does not notice that there is any difficulty until some disease, as measles, or weakening of the system through overwork, worry, or other indiscretion lowers the general nerve tone. Many persons testify that their eyes were strong until after they had the measles or some other disease. The disease does not weaken the eyes, it merely makes apparent the unnatural burden that the muscles of accommodation are carrying, and have been carrying all along.

Often these people have most excellent vision for distant objects. The

case is then one of far-sight. Sometimes there is a blurring of images for even distant objects, which is due to a very high degree of far sight, or more probably to astigmatism, a condition in which the surface of the eyeball is unequal in its curvature, something like an egg shell. This condition is very trying to the muscles of accommodation, or the nervous mechanism back of it, for there is always an attempt on the part of this mechanism to so change the shape of the lens by muscular action as to compensate for the abnormal shape of the eyeball.

A competent oculist can fit a pair of glasses which will exactly neutralize the effect produced by the faulty shape of the eyeball, so that the muscles under strain will have to do only their normal work. The expression "weak eyes," so often heard, is a misnomer, the result of a wrong conception of the nature of the difficulty. The real condition is a misshapen eye. I know of no exercises that will relieve the condition, but I know of many people who are thankful for a pair of properly adjusted glasses. I have seen lifetime headaches and other torturing conditions relieved, as if by magic, by glasses.

I know nothing of the "nerve food" you refer to. But I am very suspicious of any food which purports to be "abstracted from the materials of nature by a wonderful secret chemical process." The whole advertisement reads like a fake. Even the name of the firm making the stuff is not given. It probably contains strychnin or other drugs, calculated to produce an immediate feeling of stimulation.

## Suggestions for the Kitchen

By Mrs. M. A. Fenner

### Scalloped Potatoes and Protose

Pare and slice potatoes; cover the bottom of a pudding dish with a thick layer of potatoes; add a layer of sliced protose; nearly fill the dish thus with alternate layers of potatoes and protose. Add three tablespoonfuls of almond nut cream; cover with warm water and bake.

### Hashed Potatoes

Pare and chop a quart of potatoes, and add one-half pound protose, one onion, a sprig of parsley; chop well together; add one large tablespoonful of flour, and salt to taste. Mix all together, turn into a bake pan, cover with warm water, and bake until done.

### Prune Pudding

Stew prunes, sweeten to taste, and when done, pour the juice boiling hot over a few slices of good light bread; and then remove the stones from the prunes. When the bread is well saturated with juice, put bread and fruit in alternate layers in a deep dish, leaving a thick layer of fruit for the top. Put a plate on top, and set where it will get real cold. Serve with sauce. Raspberries, or any small fruit prepared as above, also make a nice dish.

### Tapioca Fruit Pudding

Soak one cup of tapioca three or four hours, cook soft in water, and then add a pint of berries or canned

peaches. Sweeten to taste, and cook thoroughly. Cool in moulds and serve with cream, or any sauce desired.

*"Wine is a mocker, strong drink a  
brawler;  
And whosoever erreth thereby is not  
wise."*

—Prov. 20:1, R. V.

A DISCUSSION in the House of Lords on the physique of the nation has struck only the first note on a subject of which a good deal more is likely to be heard in the near future. It would seem that something like fifty per cent of all candidates, presenting themselves for service in the army are rejected on the grounds of physical unfitness. The correspondent of the *Times*, commenting on the march past of the troops at Aldershot, remarked that it was with a sinking of the heart that one saw the infantry regiments approach the saluting point, so unsatisfactory was the impression that their physique must have given the French President. Unless something is done to find suitable recruits, the standard, already a low one, will have to be reduced still further. The Duke of Devonshire has stated in the House of Lords that a Royal Commission will probably be appointed to investigate the subject.

The above is significant in view of the oft repeated assertion that the meat-eating English nation is composed of the strongest men in the world.



## True Ministries

If you have a friend worth loving,  
 Love him. Yes, and let him know  
 That you love him, e'er life's evening  
 Tinge his brow with sunset glow.  
 Why should good words ne'er be said  
 Of a friend till he is dead.

If you hear a song that thrills you,  
 Sung by any child of song,  
 Praise it! Do not let the singer  
 Wait deserved praises long.  
 Why should one who thrills your heart  
 Lack the joy you may impart?

If you hear a prayer that moves you  
 By its humble pleading tone,  
 Join it! Do not let the seeker  
 Bow before his God alone.  
 Why should not your brother share  
 The strength of "two or three" in prayer?

If you see the hot tears falling  
 From a sorrowing brother's eyes,  
 Share them! And by sharing,

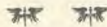
Own your kinship with the skies.  
 Why should any one be glad  
 When a brother's heart is sad?

If a silvery laugh is rippling  
 Through the sunshine on his face,  
 Share it! 'Tis the wise man's saying—  
 For both grief and joy a place.  
 There's health and goodness in the mirth  
 In which an honest laugh has birth.

If your work is made more easy  
 By a friendly helping hand,  
 Say so! Speak out bravely, truly,  
 Ere the darkness veil the land.  
 Should a brother workman dear  
 Falter for a word of cheer?

Scatter, then, your seeds of kindness  
 All enriching as you go.  
 Leave them! Trust the Harvest Giver;  
 He will make each seed to grow.  
 So, until life's happy end,  
 Your heart shall never lack a friend.

—Anonymous.



## Faces

By Mrs. M. C. Wilcox

THE variety of human faces is infinite. No two were ever created exactly alike. No mind but that of the Infinite could ever have originated such an exhaustless variety. Faces differ because characters differ. Different feelings, sentiments, emotions, aspirations, longings, hopes, fears, joys, sorrows, fill each breast, and of necessity show on the face.

The element within us to love and admire that which is beautiful on faces is not wrong. The regular, symmetrical features, the rosy cheeks, the

lustrous eyes, the fair and delicate skin, all greet us pleasantly, call out our admiration, and stir our emotions, for God has stamped us each with a love for the beautiful.

On the other hand that which is irregular, distorted, disfigured, and ugly, at once repulses everyone. It is not uncommon to see faces of this class.

But there is a medium class of faces in this world which compose by far the greater majority of mankind. Gazing upon them, looking merely at



the face, knowing nothing of what lies behind it, it is not strange that we are not particularly impressed.

The longer we live in this world the more we appreciate the necessity of looking deeper than the surface—the face. Before we allow a beautiful face to appeal to anything more than our admiration, let us look into the character.

#### HOW TO BECOME BEAUTIFUL.

How can we become beautiful? How can we change our ugly, common, plain faces into beautiful ones? is a great theme among women. Let me give you a recipe, my sisters, in a few brief words:—

“Beautiful thoughts make a beautiful soul, and a beautiful soul makes a beautiful face.” But we never can obtain the beautiful face by making that the object of beautiful thoughts. In fact, the thoughts centered upon ourselves can not be beautiful; for selfishness can never develop beauty. The face must be forgotten in the greater beauty of the thoughts. But how can we change the trend of our thoughts when we have so long dwelt on common-place things?

In the first place, have we been satisfied to live on the low, common level of the people around us, simply to please ourselves, to gratify a perverted appetite, to talk about dress and society, the last marriage, the awful crimes, and the best methods for getting rich? Ah, why should we talk of all these things when there are so much grander, holier things to converse upon?

Of course it is natural to talk of the things about which we think most. But to women belong the training of the children, and why should we not

meditate much upon this overwhelming responsibility resting upon us? Study the methods that bring the most satisfactory results in making strong, beautiful characters.

Train ourselves and our children not to measure beauty by merely the feature of the face but by the outshining of the beauty within, manifested in unselfish ministries to all those around us.



### How Busy Women Find Time for Missionary Work

By Mrs. Hattie Florence Morser

I SINCERELY believe that the first mission of every wife is the making and keeping of her own home. Her first and best works should be done there, and 'till it is well done she has no right to go outside to take up other duties.

She must look upon her home as the *one spot* on earth for which she is responsible and which she must cultivate well for God if she never does anything outside. For her the “Father’s business” is not outside work until she has made her own home all that her wisest thought and best skill can make it. I don’t mean by this that a wife should settle right down at home and think the text which is written in these words, “Go ye into all the world and preach the gospel,” “is not meant for me at all; my home duties occupy all my time.” No, dear sister, I believe that text applies to every child of God, including you and me. Let us awake to the fact of what life really means. When we have learned how to work for ourselves and our dear ones at home, then it is time for us to reach

out to those outside the home circle by beginning with the opportunities lying all around us close at hand. It may be but a kind word fitly spoken or a smile of encouragement. When our hearts are filled to overflowing with interest for the Master's work we will find time to do something more for Him.

I have often thought of "how one woman found time to do missionary work." She told me she always had a pocket near the door where she kept different Christian periodicals, and whenever any one called at the door, even if it was only a peddler, for instance, she gave to each and every one, as the case might be, some word of life to carry away with them. This seems to me to be a very appropriate way of sowing beside all waters. As I dwell upon that scene I picture a neat, tidy housewife who, when she hears the doorbell ring, does not have to stop and wonder who has come, and grasp, perhaps, at the neck of her dress to know if it is fastened, run for a look in the mirror, stop to smooth her hair a little, for she still has enough self-respect to not want to have some certain ones see her looking in this untidy manner.

Maybe such a mother does at last get behind the door and open it just far enough to peek around it to see who is there; maybe to find that the caller tired of waiting or thinking no one at home has taken his or her departure, and thus perhaps an opportunity of speaking a word in due season to some burdened soul has been lost forever. Not so with the one of whom I speak; she had thought of her general appearance in the early morning before she met with her family, and had dressed neatly and

becomingly for that occasion, realizing her position and influence in her home, remembering how she must soon have a part with her loved ones for the day, and thinking of the impression she will have left on the minds of her husband and growing children,—a *life impression* never to be effaced.

Then does it pay to rise a few minutes earlier each morning to complete a becoming toilet? Just try it, and see. The confidence and self-respect gained for one's self is well worth the effort.

Try it, dear mother, and notice ere the little daughter will be wanting to tie a ribbon or something of the kind around her neck just as soon as she is dressed in the morning so as to look like mama. O, the precious darlings! they are just as sure imitators of us as the blue prints taken from the architectural drawings.

(To be continued.)



## How to Begin a Child's Mental Training

By a Mother

WE are too apt to think of the child's education as beginning when he starts to school for the first time, but in reality the associations of the first seven or eight years of one's life make deeper and therefore more lasting impressions than those of later years, and instruction given during this period by a faithful mother may prove the salvation of her child.

There are various ways in which the little ones may be taught without hindering materially the necessary household duties. Few of us realize how much we may help or hinder the

development of the child by our attitude toward his spirit of inquiry, his ceaseless questioning. If we carefully and intelligently answer his questions, we help him a long way on the road to both knowledge and wisdom. He not only gathers a vast number of useful facts, but also learns those practical lessons in manners and morals which are absolutely necessary in order for him to make a success in life. We often are unable to answer questions which arise in the child's mind, but if we are in earnest in our efforts to help him, we will take time to look up the matter, and thus while assisting another we are adding to our own store of information.

The hour of family worship should be made the most attractive hour of the morning. The children who can read should take turns in reading the verses of Scripture, and the difficult words should be explained, so that as full an understanding as possible may be given to all the family. If the Spirit of God is with the parents in conducting these religious exercises, the children will love them, for little children's hearts are tender and susceptible to the influence of the Saviour. On the other hand if the exercises are a mere form, every one, young or old, looks upon them as something to be gotten through with as soon as possible.

Thus precious opportunities are forever lost, which, had they been rightly used, might have borne fruit unto eternal life. In many professedly Christian homes, family worship is entirely neglected, and doubtless in the day of judgment it will be revealed that this is one of the principal reasons why so many young people from these homes turn to the world.

Children should be taught the words and music of the good old hymns like "Nearer My God to Thee," and "Jesus Lover of My Soul." They can not fail to have an elevating and refining influence in the development of the mind and soul.

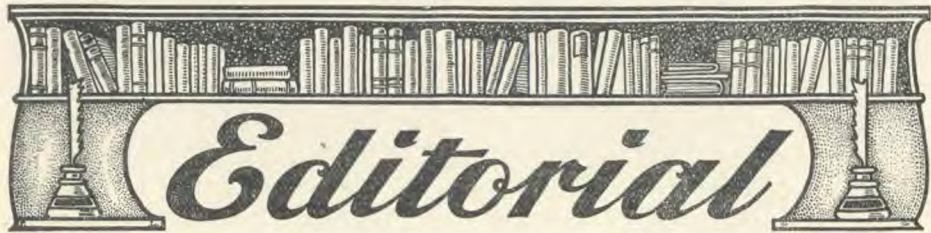
Parents need to bear in mind that the character of the conversation in the home moulds both mind and character of the little ones. If the older members of the family indulge in trifling chit-chat, or petty gossip, the atmosphere is lowered to that plane, and the thoughts of the children are turned in the wrong direction. If parents would study to make their conversation profitable, not only to themselves but to their children who are often eagerly listening, drinking in, not only the thoughts expressed, but also the spirit of the conversation, what a power for good the home influence would be!

I believe that if at the bed-time hour a Bible story were told to the children regularly, and the moral lessons brought out in heart to heart talks with them, it would prove effectual in filling the child's mind with helpful knowledge, and in binding him to his parents. It would be ideal if both parents could unite in this work, but when it falls largely upon the mother, as it usually does, she will be well rewarded for her efforts, in this as well as in the future life.

To be a successful mother requires patience, perseverance, and untiring effort, but no work is higher or more worthy of our best thought and labor.



REST satisfied with doing well, and leave others to talk of you as they please.—*Pythagoras*.



## Circumstances Which Influence Digestion

### APPETITE.

PAWLOW has shown by his well-known studies on animals that the secretion of gastric fluid is favored by the swallowing of food even if the food does not reach the stomach\* and the mere sight of tempting food acts favorably upon the secretion; whereas mechanical stimulation of the inner lining of the stomach wall by means of a glass rod or a feather has no effect whatever on secretion; and food placed in the stomach through an artificial opening, in such a way as not to attract the attention of the animal, produces no gastric juice in the case of some foods, and only a slight quantity in others. These and other experimental proofs which we can not detail here seem to indicate positively that the appetite is a powerful factor in the production of the digestive juices.

Millions of people had witnessed

\* Animals are prepared by severing the gullet and allowing it to heal in such a way that all food eaten drops to the floor, none reaching the stomach, except such as is placed there by the keeper for the purpose of nourishment. These animals eat ravenously for hours of such foods as they like, the walls of the stomach meantime pouring out large quantities of gastric juice, which Professor Pawlow calls, for short, "appetite juice." Preparing food in front of a hungry animal starts the secretion, the amount secreted being proportional to the anxiety of the animal to get the food. Some dogs soon learning that they are being deceived turn away in disgust and then the secretion ceases. The amount of secretion can be accurately observed by an artificial opening which has been made into the stomach.

the falling of an apple before Newton read in this simple phenomenon the story of universal gravitation; and many have noticed the fact that the "mouth waters" at sight or even thought of tempting food without tracing therefrom the important truth that the integrity of the digestive function depends largely on a normal appetite.

A wise Creator has endowed sentient beings with appetite, partly that it might act as a stimulus to the exercise of energy in the obtaining of necessary food, partly to direct as to what foods should be eaten (which it does when not prevented by abuse), and partly to aid in the elaboration of digestive juices which it does in an amount depending largely on the degree of the appetite and the pleasure with which the food is eaten.†

It is true that man, who differs from the "lower animals" in following custom rather than his native instinct, has, as a result of generations of misuse, an appetite which is more or less depraved. It is not safe, however, to disregard appetite entirely, for with all its failings it is frequently a safer guide than many of the dietetic rules based

† The various instincts planted in man and animals are there for the preservation of life of the individual and the species. Were animals not prompted by appetite or some similar instinct to obtain food, life would soon disappear from the face of the earth.

upon an imperfect knowledge of the digestive functions.‡

Animals, as a rule, crave such foods as are good for them. Unless they have been completely changed through domestication, they rarely choose injurious foods; but man, with his acquired protean appetite, has learned to eat and enjoy almost everything which can be reduced small enough to get down the gullet, and which is soft enough to prevent its scratching all the way down. The mineral, animal, and vegetable kingdoms are ransacked to find new "delicacies," and money is squandered by the well-to-do in the purchase and preparation of questionable dishes, which would do far more good for all concerned if it were invested in substantial foods for the suffering poor. One class of people are suffering as the result of a surfeit while their poor neighbors are suffering from want.

But these same poor people will be found to have the better appetite and digestion unless the mental strain resulting from their precarious method of living, the lowered nutrition from insufficient food, and the bad hygienic surroundings incident to poverty have made too heavy drafts on their vitality. The teamster, the woodman, the hod-carrier, the "man with the hoe" who earns his bread by the sweat of his brow,—these are they who are fortunate possessors of superb appetites, who can sit down before a plate of potatoes and beans and bread, and enjoy it.

There is nothing like exercise—*useful work* (not drudgery, but work

‡ "A normal, useful food is a food eaten with appetite, with perceptible enjoyment. Every other form of eating, eating to order or from conviction, soon becomes worse than useless, and the instinct strives against it." "The golden rule in dietetics is to give no directions with regard to food till one has made inquiries concerning the inclinations and habits of the patient."—Pawlow.

that is enjoyed)—to improve the appetite. Perhaps nine-tenths of the dyspeptics with precarious picky appetites are people of sedentary habits—people whom our modern civilization has ruined by depriving them of the *habit of exercise*. Occupations are sought which require little muscular exertion, the result being, perhaps, a more "honorable" station in life. A little more money, an easy time, if reckoned in terms of muscular work, but a very hard time if reckoned in terms of mental unrest, digestive disturbances, etc. The other one-tenth have inherited bad digestion, or more properly have been ruined gastronomically in their early years, by indulgent parents who, believing that the child *must eat*, would tempt an unwilling appetite by sweatmeats and other abominations until what little natural appetite the child had was entirely destroyed. Candies, pies, cakes, and such stuff fed to children, especially between their regular meal hours, is an act of extreme cruelty which will bear its fruit in later life.

Instinctively patients recognize that something is wrong when they have no appetite. They will do anything but the right thing—that is to eat nothing until they can relish plain food—in order to get it back. It is not every case of loss of appetite that will yield to this treatment; but the vast majority will. Exercise, tonic baths, abundance of fresh air, the use of plain foods, in moderate quantity, eating only when the appetite calls for food,—these are nature's means for the restoration of appetite and normal digestion.

*"Be not drunken with wine, wherein  
is riot*

—Eph. 5:18, R. V.

THE New York and Philadelphia *Medical Journal* occasionally publishes what it calls "Signed Editorials." These are not by the editors of the paper, but are from contributors who are pre-eminent in their line, and who are recognized as authority on the subjects on which they write. Such an article is the one by Edward Wallace Lee, on "Equestrian Therapeutics," in the issue of December 12. In this article he pays a high tribute to the value of natural remedies as contrasted with drugs. He says:—

"Often have I seen the business man at the close of the day, fatigued physically and mentally, his head aching, due to cerebral congestion, worrying over complicated problems that he will carry to his sleepless bed, having but one thought, and that being his troubles of the morrow. Under such conditions I advise horse-back riding. Go to the park. Make a dash into the country. On your return a bath, a cold shower, a rub down. By so doing you will feel refreshed, enjoy your dinner, sleep well, and on the morrow be better prepared to attend to your duties! This prescription accomplishes in a natural way, and more effectively, than the temporarily stimulating high ball, the dose of liver medicine, and the sleeping powder, the purpose for which it is intended. The nearer to the heart of nature man lives, the longer and better he will live, and the better will he enjoy his existence."

No one better understands the value of such methods for the relief of disease than the trained Sanitarium physician. While recognizing that there may be a proper place for drug medication, he has at hand so many surer and better healing agencies,

that he is seldom called upon to administer medicines.

But it is not necessary to have the costly outfit of a modern sanitarium in order to cure people, though it may be very convenient. It is nature that cures, and her methods are often the simplest; and when we learn them, we wonder why any one with common sense would not know them. In our study of what we are pleased to call science, we often get far away from the simplicity of nature, and quite as often lose thereby in the effectiveness of our methods. Of one thing we can be thankful: Nature is going right on with the cure, whether we work with or against her. If the patient gets well we get the credit. If he dies, it was a "mysterious providence." Of course the doctor is never to blame. But just look over the medical journals and see how things which were in good reputation ten years ago, or perhaps one or two years ago are now condemned as possessing no value, or as positively harmful.

How do you suppose the present practise will appear in the journals ten years from now? Do these remedies have an efficiency at one time and lose it at another? Or do they come into use because of the glowing reports of some enthusiastic physician? Why is it that one man will have remarkable results with a certain remedy, followed by like good results from a number of other physicians, till finally some one who is generally recognized as an authority, comes out with the statement that in his hands the remedy is a complete failure? Similar reports will soon follow, and that remedy will thereafter be relegated to the top shelf. So much for scientific medicine. There is much good

in what we call scientific medicine, but it lacks several points of being an exact science.

In every case of sickness, there are healing forces at work within, taking advantage of every possible circumstance to secure a return to normal function. All in the world we can do as physicians is to help or hinder these forces. And often we hinder rather than help. The more we learn to depend on sunlight, fresh air, properly-regulated exercise, rest and sleep, simple foods and a restful condition of the mind, the more likely are we to be doing those things which will help rather than hinder the forces of nature. I am aware that this is "unscientific twaddle," but it will be borne out by experience.

\*\*\*

### Use of Spectacles for the Old

THE New York *Medical Times* asks editorially, "Why use spectacles?" stating in the case of those whose eyesight is becoming dim through advancing age: "If, when that advancing imperfection is first realized, the individual persists in the attempt to keep the book in the old focus of vision, even if he reads under the perplexing disadvantages, never relaxing, but perseveringly proceeding just as he did when his eyes were in the meridian of their perfection, the slack vessels will at last come up to his assistance and the original focal distance will be re-established."

The writer is inclined to doubt that this is a rule of universal, or even of general application. The near point begins to move out from the eye at a comparatively early age, and at the

age of forty-five (when glasses are usually put on for old sight) the process of aging has been going on in the eye for a good many years.

If the *Times* is right, why would it not be well to begin earlier, before the tissues of the eye have hardened, and compel the eye to adjust itself to a reading distance of six or eight inches? When the age of forty or forty-five is reached the process of hardening in the accommodation apparatus of the eye has materially advanced.

The writer has seen persons who had reached the age of sixty without glasses, who seemed to be in as much need of glasses as if they had been accustomed to use them.

There are people who reach the age of seventy or over with excellent reading vision. As a rule these will be found to be near-sighted people. Their eyes are already accommodated for near objects, and the distant vision will be found imperfect.

If, in accordance with the theory of the *Times*, the accommodative power of the eye is preserved by a strenuous exercise of the muscles of accommodation, why do not savages, who have comparatively little use for the muscles of accommodation, become prematurely old-sighted?

\*\*\*

THE April number of the JOURNAL is to be a tobacco number. "But what's the use? Everybody knows that tobacco is injurious." Do they? You would be surprised to know how few, even of physicians, know anything definite regarding the effects of tobacco. They will probably all admit that it is a little injurious if used to excess, yet few would be willing to admit that they themselves use it ex-

cessively. Many of the professors in medical colleges use tobacco. Can they condemn what they themselves are practising? They are not likely to. It is more natural for human nature to find excuses for our practises than to condemn them. Most of the medical students (the exceptions are rare) use tobacco.

Is it surprising, then, that there are so few physicians who have the courage to take a decided stand against the use of tobacco? No, it is just what we might expect. Physicians are probably no stronger than other men. Notwithstanding their knowledge of the effects of drugs, which it would seem ought to be a safe-guard against their becoming slaves to drug habits, a large proportion of the victims of the morphin, cocain and other drug habits are physicians. I do not say that a large proportion of physicians are subject to a drug habit, for this is probably not the case, unless we include tobacco among the drugs.

Some of us know something of the effect of tobacco, and we should speak against it in language that can not be misunderstood. We know that it will stunt the growth of boys. We know that it will weaken the heart. We know that it will cause tobacco blindness and weaken the intellect. We know that habitual tobacco users do not make the best students in college. We want to tell these facts so that any one, whether a college professor or a plowman may understand.

But some of you can help us by giving your experience while using tobacco, and after leaving it off. Some of these real stories from life will give point to what is written regarding the physiological effects of nicotin.

We had more matter for the January number than we could use and therefore part of it appears in this number. Mrs. E. G. White's article on "The Liquor Traffic and Prohibition," we had to divide in two, reserving the prohibition part of the article for this issue.

\*\*\*

If for any reason you have neglected to read Dr. Brighthouse's article on "How to Treat the Sick in their Homes," you will do well to go back and read it carefully. You may have access to physicians and nurses. But there are some things connected with the treatment of the sick, which everybody should know, and which we are sorry to say, very few people have any definite knowledge of.

There are scores of your neighbors it is true, who can tell you exactly what you should do in any case of sickness. They know of some "safe cure," or some liver pill or some application for the inside or outside which is sure to do the work. If you follow all these gratuitous prescriptions, it will keep you busy. One of the first things to be learned is to make a summary disposal of all this free advice, and if you need any help, secure that which is reliable, even if it costs considerably more. The free advice is often the most expensive in the long run.

Do not be misled by the statement that one of your neighbors "had the same thing" and cured it by using Blank's Cure All. Perhaps you have something entirely different, though the symptoms may be somewhat similar. At any rate the treatment which benefits one patient, may not benefit



the next patient with the same disease. The individual has to be treated, not the disease.

Do not allow any one to deceive you with the idea that you are going to scare off the disease by pouring a lot of drugs down your throat. You can sometimes relieve sleeplessness in the old folks, by giving a crying baby some "soothing syrup," but it is not the best way,—not best for the baby in the long run.

*Throughout the body generally the presence of even a slight amount of undecomposed alcohol leads to diminution of the chemical energy of the cells, and interferes with the ordinary course of metabolism, and may result in chronic disease.*

—"Food and Dietetics," Hutchinson.

WE have a very interesting letter from Elder W. A. Sweany, who is located at Bridgetown, Barbadoes. We are not able for lack of space to give it entire, but select that which has special reference to their diet and its effect on them:—

"Neither of the children have ever tasted flesh of any kind, and we seldom use eggs or milk on account of filth and disease. My wife and I have not tasted flesh during the lifetime of the children, and but very little for several years before. The children have never been seriously ill. We eat twice a day, at 8 A. M., and 4 P. M., and never touch anything between meals. We eat everything that is good, and plenty of it,—grains, fruits, nuts, and vegetables, and all with the keenest enjoyment. We drink nothing at mealtime; after digestion, plenty of pure, cold water, with sometimes

the addition of lime juice, slightly sweetened.

Mrs. Sweany does her own sewing, cooking, and other home work, teaches our church school, holds and assists in many public and cottage meetings and Bible readings, visits and treats the sick, and engages generally in all kinds of missionary work, including successful canvassing.

I average 30 to 40 meetings a month, 200 to 300 visits a month besides correspondence and other office work, and the multitude of other things that go to make up the list of a Seventh-day Adventist minister in a mission field. Since coming here two years ago, I have ridden on my wheel more than 5,000 miles. I frequently ride and walk 20 to 40 miles a day, and hold two or three services, and visit half a dozen or more families, and reach home fresh and vigorous.

Plenty of wholesome, plain, well-cooked food at proper times, a cold bath once or twice a day, plenty of fresh air all the time, night and day, plenty of work and exercise, together with all the other manifold blessings of God, so freely given to all who trust and obey, makes existence a joy, and life a blessed and happy existence, even in the midst of countless obstacles, difficulties, perplexities, and trials.

Our hardy endurance is a source of wonder to the natives here, and their wonder increases when they learn that we use no flesh nor strong drink. We keep a stock of health foods on hand, and many are becoming interested in healthful living, and are tasting of its benefits. Our trade in health foods is constantly growing. We greatly need someone to take charge of it.

# 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. XIX.

Oakland, California, February, 1904.

NO. 2.

## Sanitarium Brevities

Mr. Asa Smith of Oakland, recently spent a few days at the Sanitarium.

H. G. Lucas and wife of Healdsburg, spent a day at the Sanitarium recently.

Mrs. W. B. Sink, Jr., wife of W. B. Sink, Jr. of San Francisco, is a guest at the Sanitarium.

Prof. M. E. Cady of Healdsburg College, made a flying trip to the Sanitarium on the 13th ult.

The Mr. MacNee's of Stanford, have again visited our institution, spending the holidays with us.

Dr. T. J. Evans has been quite indisposed for a few weeks, but we hope to see him out again very soon.

Miss Annie F. Brown with her friend, Miss Henrietta C. Simpson, spent her Christmas vacation with us.

W. S. Sadler and wife, spent a few days at the Sanitarium, before going to their future field of labor in the East.

Mrs. E. G. Gray and family of Armona, Cal., have been spending a few weeks at the Sanitarium, enjoying the quiet recreation and rest to be found here.

We are glad to report a very pleasant and interesting Christmas week at the Sanitarium. On Christmas Eve, the family listened to a short program in the chapel, which was enjoyed by all.

On the event of the graduation of the Training School class of 1903, the Seniors gave an entertainment to the Class, which will be long remembered by those who attended, as a very pleasant and profitable occasion.

We are pleased to report the continued patronage of the Sanitarium; few went away for the holidays. Among those who did go were Mr. and Mrs. A. F. Naftzger of Los Angeles, who have been spending a few weeks with us.

# Revised Bibles

THE AMERICAN STANDARD EDITION

**W**ITH carefully selected references and topical headings prepared by the American Revision Committee whose attestation appears on the back of the title page. The following are all American Standard Edition Revised Bibles, and have good large type, references, and maps. Their size is 8x5 $\frac{1}{4}$  inches.

---

---

|          |   |        |
|----------|---|--------|
| Style R  | Cloth boards, red edges.....  | \$1 00 |
| Style R1 | Thin leather cover, limp, round corners, red under gold edges.....  | 1 75   |
| Style R2 | Bound in thin leather with overlapping edges, leather lined to edge, round corners, red under gold edges..... | 2 75   |
| Style R3 | Same style as R2, printed on India paper.....   | 4 00   |
| Style R4 | Bound in genuine levant morocco, calf-lined, India paper.....   | 7 00   |
| Style R5 | Bound in genuine sealskin, calf-lined, printed on India paper.....  | 9 00   |

---

---

## A TESTAMENT

OF THE SAME REVISION AS THE ABOVE

|          |   |         |
|----------|---|---------|
| Style R6 | Bound in thin leather, limp cover, good type, size of book 3 $\frac{1}{2}$ x4 $\frac{1}{2}$ inches..... | 55 cts. |
|----------|---|---------|

---

---

PACIFIC PRESS PUBLISHING COMPANY

Oakland, California

Portland, Oregon

Kansas City, Mo.

**T**HE SUNDAY-SCHOOL LESSONS are again taking up the life of our Saviour. While there are many books on this subject, yet it is safe to say that never before has that Life of lives been treated so reverently and so helpfully as in

THE  
*Desire of Ages*

A Descriptive Circular Sent on Application



THE DESIRE OF AGES" is a large volume of 866 7x10-inch pages, the key-note of which is the grand truth that "God was in Christ reconciling the world to Himself." Christ said, "And I, if I be lifted up, will draw all men unto Me." The working out of this purpose is traced in the life of Christ on earth. It is shown how Christ as man's representative, endured the temptations by which man is overcome, and conquered in his behalf, and that man, becoming partaker of God's divine nature, is enabled to overcome as Christ overcame. God in Christ, and Christ in his followers, can withstand all the power of Satan. And as Christ came to reveal the love of God, so His followers are to reveal the love of Christ.

From another standpoint this volume is a study of the life of Christ and His disciples.

It is a grand book, and can not be praised too highly.

Its illustrations alone cost over six thousand dollars, and are strikingly beautiful. Prices range from \$2.50 to \$7.00.

**PACIFIC PRESS PUBLISHING CO.**

OAKLAND, CALIFORNIA

18 W. Fifth St., Kansas City, Mo.

**REVIEW & HERALD PUBLISHING ASSOC'N**

Battle Creek, Mich.

222 N. Capitol St., Washington, D. C.

## Lessons on the Prophecies

The lessons prepared for the International Sabbath-school for this quarter are on the Prophecies of Daniel. There is just one standard exposition of those great prophecies, and that is contained in

# Daniel and the Revelation

*The response of History to the voice of Prophecy. A verse-by-verse study of these important books of the Bible.*

**N**O OTHER books (than Daniel and the Revelation) contain so many chains of prophecy reaching down to the end. In no other books is the grand procession of events that leads us through to the termination of probationary time, and ushers us into the realities of the eternal state, so fully and minutely set forth. No other books embrace so completely all the truths that concern the last generation of the inhabitants of the earth, and set forth so comprehensively all the aspects of the times, physical, moral, and political, in which the triumphs of earthly woe and wickedness shall end, and the eternal reign of righteousness begin."

Many have considered the prophecies of these two books hard to understand, but this book contains a key which has made plain to thousands what was before dark and obscure.

A truly remarkable volume, containing 757 pages, exclusive of numerous full-page engravings. Prices range from \$1.00 to \$4.50, according to binding.

*Also published in Danish, Swedish, Dutch, and German.*

PACIFIC PRESS PUBLISHING CO., Oakland, Cal., Kansas City, Mo.

REVIEW & HERALD PUBLISHING ASSOC'N

Battle Creek, Mich.

222 N. Capitol St., Washington, D. C.

# A FRIEND IN THE KITCHEN



In "A Friend in the Kitchen," the art of cookery is treated from a standpoint of health. Scientific knowledge has been used in the selection of food materials and directions for their preparation, producing a bill of fare which will tell for health and strength and satisfy the palate. The book contains over four hundred carefully tested recipes. There are also tables giving the nutritive value of foods, time required to digest various foods, proper food combinations, rules for dyspeptics, practical weights and measures for the kitchen, infant foods, etc.

Oilcloth cover, 50 cents net; Limp Cloth, 25 cents net.

PACIFIC PRESS PUBLISHING CO.

OAKLAND, CAL.

18 W. 5th St., Kansas City, Mo.

## Health:

How to Find It When It's Lost

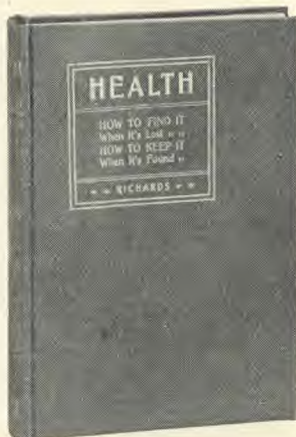
How to Keep It When It's Found

Are Becoming Questions of Great Importance.

Thousands are seeking health, and dollars by the tens of thousands are spent yearly in the pursuit of it, when the great majority of people could obtain and retain it with much less trouble, anxiety, and expense by right living.

B. F. Richards' book by the above title throws much light on these questions. Error in diet being one of the greatest causes of disease, is given a liberal place in the book, and timely suggestions are made relative to what to eat, and why. The book contains 222 pages and is thoroughly indexed, enabling a person to instantly refer to any passage.

Bound in cloth, post-paid, \$1.00



PUBLISHERS

PACIFIC PRESS PUBLISHING CO., Oakland, Cal.

Branch Office: 18 W. 5th St., Kansas City, Mo.



This magnificent fire-proof structure, which has been in process of erection during the past year, was dedicated and opened May 31, 1903.

There are accommodations in the main building for 350 guests, and accommodations in other buildings for 400 more patients.

175 rooms have private baths.

The new building is equipped with five hydraulic elevators, electric lights, a private telephone in each room, and all modern conveniences.

---

*For full information concerning the facilities afforded, terms, etc., address*

## THE SANITARIUM

BATTLE CREEK, MICH.

## A NEW VEGETARIAN COOK-BOOK

---

---

*THE PACIFIC PRESS PUBLISHING CO.*

wish to announce that they have secured the publishing rights to the new Vegetarian Cook-Book by Mr. E. G. Fulton, manager of the well-known Vegetarian Cafe in San Francisco. They expect to have it ready some time in February. The price will probably be \$1.00. Address inquires and orders to the Company, Oakland, Cal.

## HEALTHFUL LIVING

---

---

We understand that the Eastern stock of "Healthful Living" is exhausted, and that the plates were destroyed in the Review and Herald fire. We still have on hand a limited number which we will mail at the regular price, which is fifty cents each. As most of our readers know, this book consists of quotations from the writings of Mrs. E. G. White on the subject of right living.

PACIFIC PRESS PUBLISHING  
COMPANY :: OAKLAND, CAL.



The { Coolest  
Quickest  
Safest

AND THE

Finest { Service  
Accommodations  
People

CAN BE FOUND ONLY ON THE

## OVERLAND LIMITED

Leaving San Francisco Daily  
at 10:00 a. m.

For full particulars, tickets, and Pullman  
Reservations, write to

G. T. FORSYTH, Div. Fgt. and Pass. Agt.  
468 Tenth St., Oakland, Cal.

## NEW MODEL DENSMORE

Ball-Bearing Throughout



It accomplishes very desirable ends not  
attained by any other typewriter

Our booklet or an examination  
of the machine will convince you

### Standard Typewriter Exchange

303 BUSH STREET

Tel. Main 5967

SAN FRANCISCO, CAL.

## What Is a Nebulizer?



Price \$2.00

It is a simple, easily operated appliance for the treatment of diseases of the nose, throat, bronchial tubes, and lungs. It transforms the liquid medicine into a little cloud or vapor, and this drawn or forced into the nose, throat, or lungs brings the medicine immediately in contact with the affected parts, thus securing all the benefit possible to be derived.

*It has stood the test  
for many years,  
and thousands  
have been benefited  
by its use.*

*Sent, post-paid, on receipt of price.  
Send money by draft on San Francisco,  
Chicago, or New York; or by postal or  
express money-order, or by registered  
letter. Address*

**St. Helena Sanitarium**  
SANITARIUM, CAL.



Price \$6.00

*When answering advertisements, please mention Pacific Health Journal*

# "Modern Mysteries"

Such is the title of the booklet now in press, in which the subjects of New Thought, Theosophy, Mind Reading, Hypnotism, etc., are considered. It will repay careful study. Price, 15 cents.

## Pacific Press Publishing Co.

Oakland, Cal.

18 W. 5th St., Kansas City, Mo.

### DIRECTORY OF PACIFIC COAST SANITARIUMS

#### ST. HELENA SANITARIUM

St. Helena, California  
T. J. EVANS, M.D., Superintendent

#### PORTLAND SANITARIUM

Portland, Oregon  
W. R. SIMMONS, M. D., Superintendent

#### MOUNT VIEW SANITARIUM

Spokane, Washington  
SILAS YARNELL, M. D., Superintendent

#### LOS ANGELES SANITARIUM

315 West Third Street Los Angeles, California

#### NEVADA TREATMENT ROOMS

619 Ralston Street Reno, Nevada

#### SEATTLE BRANCH

#### BATTLE CREEK SANITARIUM

612 Third Avenue Seattle, Washington  
A. Q. SHRYOCK, M. D., Manager

#### SAN FRANCISCO BRANCH

#### ST. HELENA SANITARIUM

1436 Market Street San Francisco, California  
R. A. BUCHANAN, M. D., Superintendent

#### HYDRATIC DISPENSARY

916 Laguna Street, San Francisco

#### SACRAMENTO BRANCH

#### ST. HELENA SANITARIUM

719½ K Street Sacramento, California

#### EUREKA BRANCH

ST. HELENA SANITARIUM Eureka, California  
C. F. DAIL, M. D., Superintendent

#### TACOMA BRANCH

#### BATTLE CREEK SANITARIUM

1016 Tacoma Avenue Tacoma, Washington  
DR. T. J. ALLEN, Medical Superintendent

#### NORTH YAKIMA TREATMENT ROOMS

317 N. First Street North Yakima, Washington

Phone 1273

Conducted by MR. AND MRS. A. R. STARR  
Trained Nurses from Battle Creek Sanitarium

#### SAN DIEGO BRANCH SANITARIUM

1117 C Street San Diego, California  
T. S. WHITELOCK, M. D., Superintendent

#### SALT LAKE CITY BRANCH

#### BATTLE CREEK SANITARIUM TREATMENT ROOMS

122½ Main Street, Salt Lake City, Utah  
W. L. GARDNER, M. D., Superintendent

#### BRITISH COLUMBIA TREATMENT ROOMS

338 Cambie Street Vancouver, B. C.

### Directory of Vegetarian Restaurants

#### VEGETARIAN CAFE

S. 170 Howard St. Spokane, Wash.

#### VEGETARIAN CAFE

755 Market Street San Francisco, California

#### THE VEGETARIAN

44-46 San Pablo Avenue Oakland, California

#### VEGETARIAN RESTAURANT

315 W. Third Street Los Angeles, California

#### GOOD HEALTH RESTAURANT

616 Third Avenue Seattle, Washington

#### DEPOSITORY

516 S. Hill Street Los Angeles, California

#### STORES

1482 Market Street San Francisco, California

72-74 E. Santa Clara Street San Jose, California

46 San Pablo Avenue Oakland, California

63 E. First South Street Salt Lake City, Utah

124 W. Center Street Provo, Utah

1115 C Street San Diego, California

2113-2115 Fresno Street Fresno, California

## Become a Vegetarian

mentality and a higher morality. Advocates disuse of flesh, fish, and fowl as food; hygienic living, and natural methods of obtaining health. Preaches humanitarianism, purity, and temperance in all things. Upholds all that's sensible, right, and decent. Able contributors. Has a Household Department which tells how to prepare healthful and nutritious dishes without the use of meats or animal fats. Gives valuable tested recipes and useful hints on Hygiene, Selection of Foods, Table Decoration, Kitchen Economy, etc. Full of timely hints on Prevention and Cure of Disease. Gives portraits of prominent vegetarians, and personal testimonials from those who have been cured of long-standing diseases by the adoption of a natural method of living. Tells how to cut down living expenses without going without any of life's necessities. Explains the only way of permanently curing the liquor habit. Ways to increase muscle and brain power. Valuable hints on child-culture—how to inculcate unselfishness, benevolence, and sympathy in children. A magazine for the whole family. Uniquely printed, well illustrated. Pages 7x10 inches in size. Published monthly. Sent post-paid to your address, 1 year \$1.00, 6 months 50c, 3 months 25c, 1 month 10c. VEGETARIAN CO., 7th Floor, 167 Dearborn St., Chicago

and become stronger, healthier, happier, clearer-headed, and save money.

Learn about vegetarianism through THE VEGETARIAN MAGAZINE

THE VEGETARIAN MAGAZINE stands for a cleaner body, a healthier

mentality and a higher morality. Advocates disuse of flesh, fish, and fowl as food; hygienic living, and natural methods

of obtaining health. Preaches humanitarianism, purity, and temperance in all things. Upholds all that's sensible, right,

and decent. Able contributors. Has a Household Department which tells how to prepare healthful and nutritious dishes

without the use of meats or animal fats. Gives valuable tested recipes and useful hints on Hygiene, Selection of Foods, Table

Decoration, Kitchen Economy, etc. Full of timely hints on Prevention and Cure of Disease. Gives portraits of prominent

vegetarians, and personal testimonials from those who have been cured of long-standing diseases by the adoption of a natural

method of living. Tells how to cut down living expenses without going without any of life's necessities. Explains the only

way of permanently curing the liquor habit. Ways to increase muscle and brain power. Valuable hints on child-culture—

how to inculcate unselfishness, benevolence, and sympathy in children. A magazine for the whole family. Uniquely

printed, well illustrated. Pages 7x10 inches in size. Published monthly. Sent post-paid to your address, 1 year \$1.00, 6

A brain and muscle-building food for big, strong men and little babies ❁ It requires no cooking, and is always ready for use ❁

# Granola

GLUTEN is the element in the grains that repairs the waste of tissue from brain, nerve, and muscle work ❁ GRANOLA is rich in gluten, being made from carefully-selected wheat, corn, and oats, the first of which (wheat) contains a large per cent. of gluten ❁ ❁ GRANOLA is easy of digestion for old and young alike ❁ A good food for growing children ❁ ❁ ❁

---

---

ASK YOUR GROCER

*St. Helena Sanitarium Food Company, St. Helena, Cal.*  
*Portland Sanitarium Food Company, Portland, Oregon*  
*Walla Walla Food Company, Walla Walla, Washington*

# St. Helena Sanitarium

---

*THE LOCATION* is picturesque in the extreme, being 760 feet above the sea, and 400 feet above the beautiful Napa Valley, which it overlooks in its most charming section. Lawns, flower gardens, and groves of spruce, live oak, madrone, manzanita, and other trees and shrubs of perennial leaf abound.



**OPEN ALL THE YEAR**

*THE EQUIPMENT* is complete in every detail. A large main building of five stories, numerous cottages, chapel, gymnasium, natatorium, laboratory, laundry, livery stable, store, etc., connected by telephone and electric call bells, heated by steam and lighted by electricity. Every detail of appliance, apparatus, etc., for giving all kinds of treatment in Hydrotherapy, Electrotherapy, Massage, etc. Surgery a specialty. A full corps of physicians and trained nurses.

A most delightful place at which to spend your winter in California. Very little frost and no snow; green fields and flowers, showers and sunshine. *Complete catalogue sent on application. Address*

---

**St. Helena Sanitarium** Sanitarium, Cal.  
R. R. Station and Ex. Office, St. Helena