

PACIFIC HEALTH JOURNAL

Contents

Physiologic Effects of
Tobacco

Ethics of Tobacco-Using

The Use of Tobacco
Mrs. E. G. White

Is the Use of Tobacco
Detrimental?

Women and Tobacco

A Girl's Influence

Instruct the Youth

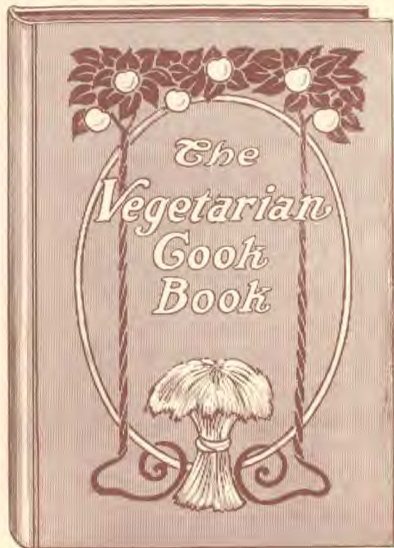
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The Vegetarian Cook Book



THIS new Vegetarian Cook Book is the most practical ever issued. The author, Mr. E. G. Fulton, is manager of the San Francisco Vegetarian Cafe and has spent several years in the study of the preparation of foods. The recipes have been thoroughly tested by the editor of the *PACIFIC HEALTH JOURNAL* and are recommended by him.

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The subject of Cereals, general suggestions as to the cooking of Cereals, and 14 recipes are an important part.

Recipes for 19 Toasts are given.

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Twenty pages contain recipes for the preparation of Puddings. Ten pages are devoted to Pies. Ten recipes for Cakes appear. One is devoted to the uses of Nut Butter.

Surely this work is one that will be appreciated by those interested in vegetarianism. It contains 245 pages and is nicely bound in cloth. Price \$1.00.

The publishers are desirous of entering into arrangements with reliable and aggressive agents or restaurants, for its circulation. Exclusive territory given right persons.

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Oakland, Cal.

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THE following is a list of Tracts and Pamphlets prepared on different Temperance subjects. They are brief, interesting, and effective, and will accomplish much good where larger works along similar lines might not be given attention.

"A Chat with My Tobacco-Loving Brother."

A straightforward, open-hearted talk about Tobacco, showing its evil effects, spiritually, mentally, and physically, on the human system. The financial side is also spoken upon. How many there are under the power of this demoralizing habit! Though they long to be free, they find no way of escape. This tract educates, elevates, and inspires to a higher life, thus providing a sure plan for deliverance. A. G. L. No. 67. Price, each, $\frac{1}{2}$ c; per hundred, 35c.

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PACIFIC PRESS PUBLISHING CO.

Oakland, Cal.

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*"And I John saw the holy city, New Jerusalem,
coming down from God out of Heaven."*

*"And there shall in nowise enter into it any-
thing that defileth."*

Rev. 21:2, 27.



Vol. XIX

Oakland, California, April, 1904.

No. 4

Physiologic Effects of Tobacco

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

"Because sentence against an evil work is not executed speedily, therefore the heart of the sons of men is fully set in them to do evil." Eccl. 8:11.

How forcibly that illustrates the natural inclination. Because we or our forefathers have indulged in certain injurious things without having recognized any markedly evil results therefrom, we flatter ourselves that it is all right.

It is said that the residents of Chicago have drunk the polluted water from the lake so long that they have become somewhat immune to the typhoid infection therein; that the late arrival in the city is very likely to contract typhoid fever from drinking the same water. And so people have become accustomed to certain bad things, and persist in using them, little realizing that they produce certain dwarfed conditions and degenerate consequences. Don't forget that!

Take, for instance, a boy who tries to smoke for the first time. The system revolts against the introduction of such a poison, and the boy becomes deathly sick. Perhaps he resolves never to indulge again. But, later, he sees other boys indulging with impunity and seeming enjoyment, and is persuaded to try again.

This time he succeeds better, and with a little persistence he is soon looked upon as a full-fledged man. Soon he finds himself indulging in half a dozen or more cigars a day, and congratulates himself that it does him no harm. But the law of sowing and reaping is inexorable. Later, when undergoing physical examination for a railroad position, he is rejected on the score of color blindness. The examination reveals that he can not discern between red and blue, and thus could not detect danger-signals. This condition is a symptom of tobacco amaurosis. As a result some railroad companies have placed a ban upon the tobacco user.

Dr. Dowling, of Cincinnati, after a study of three thousand persons employed in local tobacco factories, found that ninety-five per cent suffered from visual troubles of nicotine origin.

It may be that our tobacco user has escaped visual defects, but finds, upon running to catch a train, that he has a distressing shortness of breath. Perhaps he first notices frequent palpitation of the heart, or a sense of oppression and pain in the left side of

Recognizing the poison of danger

the chest. He calls upon his physician, and an examination discloses no abnormality of the heart; in fifty per cent of cases there is no enlargement and hardly one out of twenty shows valvular trouble. But the nicotine is insidiously working upon the heart nerves; and unless careful inquiry is made into our patient's habits the "little fox" is not discovered, and a later examination discloses the characteristic degeneration of the heart and blood-vessels. These are not isolated cases; but any careful life insurance examiner meets them by the dozen.

Would space permit we might speak of the effect of nicotine upon the nerves—in fact upon every organ of the body. The following case will illustrate its influence in a way that is not generally recognized.

Several years ago we had under our care a boy of seven or eight years who gave evidence of suffering from the effects of some severe systemic poison, the exact nature of which could not be determined. His habits were all

carefully inquired into without giving any clue. At the time he was living with his grandparents, having recently come from the family home in the interior. Upon subjecting our little patient to a severe sweating process, we discovered that the skin gave off a markedly nicotine odor and stain. A repetition of the treatment on the following day gave like results, and this continued until the evidences of tobacco disappeared, when the little fellow rapidly recovered. Further investigation elicited the fact that this boy's father was an inveterate smoker, and when at home kept the room saturated with tobacco fumes. The boy had never touched the weed. But constantly breathing and absorbing such an atmosphere there is little wonder that the sensitive organism of the child became intoxicated by it. And who can estimate the countless number of children ^{with} whose blanched cheeks and frail bodies ^{each one of which is} are but the price paid for our immunity (?) in clinging to some injurious practise.

Riverside, Cal.

*Some parent is so paying for
 what he considers a
 harmless indulgence?*

The Ethics of Tobacco Using

By Margaret Evans, M. D.

TOBACCO using originated wholly with the native savages who roamed this country four hundred years ago. Civilized human beings first learned of the habit when the continent was discovered. History does not tell us how long before this these heathen barbarians had made use of the weed, but it has been with them a custom of

great antiquity. The sailors of Columbus gave no glowing report in favor of the custom; they were not favorably impressed with the natives when they saw them twisting the large leaves together, and puffing clouds of smoke from their mouths and nostrils. How so unnatural and unpopular a habit won its way into the civilized world, we can not fathom,

all

for the colonies of the United States made strenuous laws against it. For many years it was violently opposed by all civilized countries. Switzerland dealt with the habit as with a crime, and many Persians left their homes and sought desolate mountains and caves in order to escape the strict laws against its use. The Russians treated as criminals all who were found using it. Severe whipping was the punishment inflicted for the first offence, cutting off the nose for the second, and death for the third. Several noses were publicly amputated, and yet the Russians at the present time almost universally use it.

Think of it! Less than two hundred years ago tobacco using was still considered a crime in many countries, and now the principal part of the adult male population use it. In every clime, and on every shore, we find its numerous and faithful devotees. The prevalence of the habit in our own enlightened country shows too plainly the gravity of the situation. How shocking is a code of ethics that considers it worthy of the dignity of intelligent, civilized human beings to squander energy, ruin health, and waste God-given time, in cultivating so unnatural and disgusting a habit, which is merely a relic of barbarism, originating with wild, degraded savages.

For shame on a writer so talented as Charles Dickens, who says almost unrebuked: "Reader, do you smoke? If not, why not? Tobacco yields the most pleasant solace next to that of heaven. What! do you say, Greater than that of woman? Young man, woman pets and flatters you when you are young and handsome, but when you are old and helpless, she scolds

and harasses you. Yes, upon the whole, woman in this side, and the weed in that, hang out the scales, O Jupiter, and weigh them, and if the balance turns in favor of woman, the next time Juno worries thee, O Jupiter, try the weed."

We say again, For shame on a man for using his beautiful gift of language, and that mighty power, the pen, to so favor such a vile practise as tobacco using! I think the following, though it be expressed in school-boy fashion, is a much more rational code of ethics:

"I'll never use tobacco.

No, it is a filthy weed.

I'll never put it in my mouth,

Says little Robert Reid."

The situation is a grave one. Tobacco using not only concerns the physical and moral welfare of the individual addicted to the weed, but leads him to commit a vast injustice to his family and to the community at large. He is by no means the only sufferer. The loathsome and disgusting habit makes him a menace to everyone about him. Self-interest should arouse the general public to wage war against such a vile practise. The man addicted to the habit is so morally blind that he does not see the injustice he is heaping upon his friends and neighbors when he puffs his smoke into their faces, causing them to breathe, second hand, his poisonous fumes. Public halls and post-offices are made blue with nicotine-laden air. Sidewalks are made filthy with tobacco juice. The home of the smoker is perfumed with the foul odor. Cellar to garret is constantly charged with tobacco smoke. It steals into the kitchen and pantry, it creeps into the clothes closets, and settles in the furniture. Every nook and corner of the

dwelling is haunted by the air of nicotine, and the plastered walls pour forth an odoriferous stream of its fumes. Every occupant must constantly inhale its foul odor. The innocent and unoffending wife must suffer severely from nervous disorders, wholly attributable to the effect on her delicate organism of the poisonous fumes exhaled by her smoking husband. The sweet new-born babe, already handicapped in life, by inheriting a weak constitution, due to the tobacco-using father, must be cuddled by one whose every breath is

laden with nicotine and the very pores of whose skin secrete tobacco juice. Such a state of affairs is to be deeply deplored, and should be discountenanced by all intelligent people.

I am very sure the ethics of the heavenly courts will admit no such public annoyance. How horrible to imagine spittoons along the golden streets. No one there will need to gather up their beautiful white robes to keep from sweeping up tobacco juice, for "there shall in nowise enter into it anything that defileth."

Sanitarium, Cal.



The Use of Tobacco

By Mrs. E. G. White

TOBACCO is a slow, insidious, but most malignant, poison. In whatever form it is used, it tells upon the constitution; it is all the more dangerous because its effects are slow, and at first hardly perceptible. It excites and then paralyzes the nerves. It weakens and clouds the brain. Often it affects the nerves in a more powerful manner than does intoxicating drink. It is more subtle, and its effects are difficult to eradicate from the system. Its use excites a thirst for strong drink, and in many cases lays the foundation for the liquor habit.

The use of tobacco is inconvenient, expensive, uncleanly, defiling to the user, and offensive to others. Wherever you go, its devotees are encountered. You rarely pass through a crowd, but some smoker puffs his poisoned breath in your face. It is unpleasant and unhealthful to remain

in a railway car or in a room where the atmosphere is laden with the fumes of tobacco. Though men persist in using the poison themselves, what right have they to defile the air that others must breathe?

Among children and youth the use of tobacco is working untold harm. The unhealthful habits of past generations affect the children and youth of to-day. Mental inability, physical weakness, disordered nerves, and unnatural cravings are transmitted as a legacy from parents to children. And the same habits continued by the children, are increasing and perpetuating the evil results. Among the most injurious of these habits is the use of tobacco. To this cause, in no small degree, is owing the physical, mental, and moral deterioration which is becoming such a cause of alarm.

Boys begin the use of tobacco at a very early age. The habit thus

formed, when body and mind are especially susceptible to its effects, undermines the physical strength, dwarfs the body, stupefies the mind, and corrupts the morals. But what can be done to teach children and youth the evils of a practise of which parents, teachers, and ministers set the example? Little boys, hardly emerged from babyhood, may be seen smoking cigarets. If you speak to them about it, they say, "My father uses tobacco." They point to the minister or the Sunday-school superintendent, and say, "Such a man smokes; what harm for me to do what he does?"

Many workers in the temperance cause are addicted to the use of tobacco. What power can such persons have to stay the progress of intemperance?

I appeal to those who profess to believe and obey the Word of God: Can you, as Christians, indulge a habit that is paralyzing your intellect and robbing you of power rightly to estimate eternal realities? Can you consent to rob God daily of service which is His due, and to rob your fellow men, both of service you might render and of a right example? How will you answer to God for the influence of your example upon the youth?

Have you considered your responsibility, as God's stewards, for the means in your hands? How much of the Lord's money do you spend on tobacco? Reckon up what you have thus spent during your lifetime. How does the amount consumed by this defiling lust compare with what you have given for the relief of the poor and the spread of the Gospel?

No human being needs tobacco, but multitudes are perishing for want of

the means that by its use is worse than wasted. Have you not been misappropriating the Lord's goods? Have you not been guilty of robbery toward God and your fellow men?

The world is given up to self-indulgence. "The lust of the flesh, and the lust of the eyes, and the pride of life" control the masses of the people. But Christ's followers have a holier calling. To us, God is speaking:—

Know ye not that "ye are not your own? For ye are bought with a price; therefore glorify God in your body, and in your spirit, which are God's."

"Dearly beloved, I beseech you as strangers and pilgrims, abstain from fleshly lusts, which war against the soul."

"What agreement hath the temple of God with idols? for ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be My people. Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you, and will be a Father unto you, and ye shall be My sons and daughters, saith the Lord Almighty."

"Having therefore these promises, . . . let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God."

The advocates of temperance reform should be awake to the evils resulting from the use of unnatural stimulants. Great efforts are made to put down intemperance; but there is much effort that is not directed to the right point. We bid all temperance workers God-speed; but we invite them to look more deeply into the cause of the evil

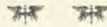
they war against, and to be sure that they are consistent in reform.

It must be kept before the people that the right balance of the mental and moral powers depends in a great degree on the right condition of the physical system. All narcotics and stimulants that enfeeble and degrade the physical nature tend to lower the tone of intellect and morals. Intemperance lies at the foundation of the moral depravity of the world. By the indulgence of perverted appetite, man loses his power to resist temptation.

Temperance reformers have a work to do in educating the people in these lines. Teach them that health, char-

acter, and even life, are endangered by the use of stimulants which excite the exhausted energies to unnatural, spasmodic action.

Those who discontinue the use of a narcotic or an unnatural stimulant will for a time feel a loss, and will suffer without it. But by persistence they will overcome the craving, and cease to feel the lack. Nature may require a little time to recover from the abuse she has suffered; but give her a chance, and she will again rally, and perform her work nobly and well. Those who gain the victory will reap a reward in greater physical stamina and mental and spiritual power.



The Tobacco Habit an Enemy to Health, Endurance, and a Perfect Physical Condition

By C. H. Price, Physical Director Y. M. C. A. Gymnasium

WITHIN the past month I have heard two men who have much to do with the education of boys say that the cigaret is ruining the majority of the boys of this country, because it is affecting their ability as students and is lowering their moral stamina. The use of the cigaret by boys and growing young men is also impairing the health of older men. No boy or young man can afford to permit the cigaret habit to enslave him, because slavery to the use of tobacco in any form will undermine the health.

He who will be a successful athlete must leave all devitalizing practises alone. He must practise to increase his strength, speed, and agility; not to undermine them. He must gain, by careful study and work, a stock of

reserve force that will be ready for use when needed for some special exertion. He must have a sound heart and a good pair of lungs. In fact, he must be in exceptionally fine physical condition, with every part of his body ready to serve him when the day of trial comes. A man's training is given to increase his endurance, so he must leave tobacco alone; for all trainers know that the use of it will affect the heart's action, and the heart, as the seat of the qualities of endurance, must not be mistreated. The man who courts athletic supremacy to-day will win it much easier if he is not a habitual user of tobacco.

True, we can not all make athletic records that challenge the world's most competent men, but every young

man has it in his power to cultivate soundness of body and maintain the good health thus obtained. This can be accomplished by following some good system of rational physical exercise with persistency and regularity, and by eliminating that which is detrimental in any way to the bodily functions. Leave all impediments behind, and you will be rewarded with steady nerves, vigorous muscles, and a physical condition that will indicate the health and endurance that is so desirable to us all.

Tobacco is an enemy to all those conditions. It eats away at the vitality, and, gradually weakening the nerve force and muscular activity, it leaves a man with a physical organism less responsive to his will and greatly diminished in tone. The young man of to-day, if he will be most successful in life, will prepare for the future by taking care of his body in the present. Training for some special event for a short time is productive of

good results physically, but training for life is better. In athletics only a few excel and carry off the honors, but it is within the grasp of every young man who enters into training for life to gain his reward. It may not come in the form of medals and banners, and athletic glory, although it may, and has to many who have these high standards. It will come, however, in physical growth and improvement. Good health and endurance from the care of the body means an athletic young manhood, a stalwart maturity, and sturdy old age. Each will link itself into the others, and every link is a link of gold that brings golden opportunities as the years pass. The progress will be a steady growth upward to the end. Where is the young man who covets a less desirable goal? Try it, young man. It is worth the sacrifice of a few puffs of choking, poison-laden smoke to gain it.

Los Angeles, Cal.



Mrs. Nation Pays Her Respects to the Tobacco Evil

It is a filthy habit, and I care not how often the smoker changes his clothes or washes his person, he is filthy. The stench from his breath indicates that his body repudiates such uncleanness.

If I were a young woman, I would say to the men who use tobacco, and who wish to converse with me, "Use the telephone; come no closer!" I would as soon kiss a spittoon as kiss such a mouth.

Women should make the same

standard for men, as men make for women. Many women would smoke in public, if men did not denounce it. *Men would quit smoking in public if women denounced it as much.*

I have heard some women say, "I like the smell of a good cigar." I have never smelled a good one. It is not made.

I never knew of but one good use that tobacco was put to, and that was to kill lice on cows.—*Physical Culture.*



A BEAUTIFUL soul beautifies the temple in which it dwells.

Is the Use of Tobacco Always Detrimental to Health?

By the Editor

THIS is a question that frequently comes to the minds of people desiring to know the truth. Thousands are daily using tobacco who appear to have as good health as their neighbors who do not use it; and many tobacco users live to quite an advanced age. Is it not possible that some have been overzealous in the crusade against tobacco, condemning a habit that is comparatively harmless? In order that I might permit those to speak on this subject who are in a position to observe the results of tobacco using on large bodies of men or boys, I requested an opinion as to the effects of tobacco from directors of university and Y. M. C. A. gymnasiums, principals of high schools and grammar schools, wardens of prisons, superintendents of reform schools, managers of railroads, and medical directors of life insurance companies. I did not ask whether the ones answering my questions are tobacco users. Doubtless a good proportion of them are; and any one acquainted with human nature knows that one addicted to a habit, is not, as a rule, making observations as to its injuriousness.

A warden of one penitentiary writes:—

“Not more than twenty-five per cent of the prisoners here do not use tobacco. Having been a smoker of tobacco ever since I can remember, I can surely say, in my own case at least, that the use of tobacco has no appreciable effect on the morals. The material we have in this institution is not a safe criterion on any proposition,

as they are of a very low order of mentality and a majority of them endowed with criminal instincts, but I think it safe to assert that most criminals use tobacco. I do not, however, think it would be safe to infer from that fact that their lack of morals was due to that fact.”

This is a candid opinion, from one who is himself a user of tobacco. Not to suggest any disrespect for my correspondent, who, so far as I know, is a very estimable man, he is not in a position to know whether the use of tobacco has affected his morals. As has been shown, the effect of alcohol is to give a sense of increase in both physical and mental power, whereas instruments of precision show that with even small quantities of alcohol both the physical and the mental powers are materially diminished. We have no instruments of precision with which to measure morality, but presumably there is as great an opportunity to be mistaken regarding the effect of a drug on one's own morals as on his physical or mental condition, and even more so, because with the lessening of the moral faculties there is necessarily also a lessening of the moral perception. But laying this theoretical question aside, I will let the assistant superintendent of the Whittier State School for boys, a reformatory institution, give a glimpse of the boys who, unless they are saved to usefulness by the efforts of the Whittier School, will later become inmates of the penitentiary. We here get a more positive testimony as to

the effect of tobacco on the morals, at that age when the character is being fixed for life. Dr. W. V. Coffin writes:—

"Of the 1,700 and more boys who have been, and are now, inmates of this institution, 98 per cent were cigaret smokers when they were committed here, and fully 95 per cent were cigaret fiends. This is, in itself, an affirmative answer to the question, 'Does the use of tobacco have any appreciable effect on the morals of young men?' The law forbids that they shall be allowed the use of tobacco while they are inmates of this institution, and we do everything possible to keep it away from them. In fact, we enforce severe penalties where tobacco is even found in a boy's possession, and notwithstanding all of our care, we can not succeed in keeping it from them. A great many kindly-disposed people will give the boys tobacco for the asking, without stopping to consider what our rules and regulations may be. Again, there are people who are not kindly disposed, who take such opportunity as they find to make plants of tobacco, either on the school grounds or adjacent to the grounds, where the boys get it. We can generally tell when there is a supply of tobacco in the school, by the conduct of the boys themselves, and particularly by the poor work they do in the schoolroom. I should say decidedly that the use of tobacco has a very appreciable demoralizing effect upon young men. Only about two per cent of the boys admitted here up to this time have not been using tobacco, and we get many boys under twelve years old."

Railway managers generally de-

cline to give a definite reply, saying they have not given the matter sufficient attention, or have not prepared statistics which would warrant their going on record.

When I recall the startling frequency with which train disasters,—utterly inexcusable,—occur on some railways, and at the same time call to mind the fact that tobacco has been proven to have a ruinous effect on the eyesight and hearing, and also on the nervous system generally, I am not surprised at the result. Railroad officials themselves use tobacco. How can they see the importance of having trainmen free from the habit? But to the public it is far more important that trainmen have clear heads and steady nerves than that railway officials have, except that the officials, or some of them, have the duty of selecting the trainmen. In this connection it will be well to consider the testimony of Secretary Studer, of Detroit, given later in this article. If tobacco can make a young man unreliable in a baseball game, just at the time he is especially anxious to succeed, it can make a trainman unreliable in some important post, involving the lives of hundreds of passengers. If, as we are informed, the present condition of inefficiency and effeminacy in Spain is due to the large use of tobacco, especially the cigaret; if the present degeneracy of England's youth,—so marked that recruiting officers find difficulty in securing recruits who come anywhere near the required standard,—is due to the advent of the American Tobacco Trust into England (and there is ample proof that such is the case), what about the safety of passengers who must entrust their lives to engineers, conductors, and

switchmen who are habitual tobacco users?

It may be said that, in a great majority of cases, a man may use tobacco for years and not have his nerves so altered as to result in his being the cause of an accident. Granted; but there are cases in which tobacco does have just such an effect. A railway may run a thousand trains, or ten thousand trains, without an accident; but if the next train is wrecked, with loss of life, it is just one accident too many, and one for which the managers are responsible in so far as they have had the selection of the men concerned in the accident.

TESTIMONY OF THE LIFE INSURANCE COMPANIES.

The testimony here is rather negative, especially as regards the effect of tobacco in shortening the lives of adults, when used in moderation. Nearly all contain some statement equivalent to the following:—

“The data which we have relative to the use of tobacco, is not sufficient to warrant an opinion.”

Other statements are:—

“Our practise is to limit or reject applicants whom we regard as using too much of this drug.”

“We select our business on the theory that the moderate use of tobacco is not prejudicial to health or longevity.”

“We share in the general opinion of the profession that the excessive use of tobacco must impair the longevity of those who use it too freely.”

“It is not the custom of the majority of insurance companies, we believe, to consider at all the question of the use of tobacco, unless it is shown

that it is used to excess, particularly with young men. A mature man who is a smoker, is usually passed without question.”

As insurance companies do not knowingly take hazardous risks, it is evident that the data in possession of insurance companies is not enough, in the opinion of the managers, to cause them to expect that the moderate use of tobacco will shorten life.

TESTIMONY OF EDUCATORS AND PHYSICAL DIRECTORS.

To the letters sent to grammar-school principals, no replies were returned. From the principal of the Sacramento High School I received the following reply:—

“My general observation convinces me that students who use tobacco have less ‘lasting’ quality than those who do not.”

In answer to the questions: “Is the use of tobacco in any way detrimental to the physical development of the young?” “Is it detrimental to their mental development?” he replies:—

“It is. It dulls the edge of their mentality.”

Rockwell D. Hunt, principal San Jose High School, replies to the questions sent him:—

“1. Have you made observation of the comparative physical condition of students who use tobacco, and students who do not?” *Answer*—“General, but not very specific.”

“2. In your opinion, is the use of tobacco in any way detrimental to the physical development of the young?” *Ans.*—“It certainly is.”

“3. Is it detrimental to their mental development?” *Ans.*—“Without doubt.”

He adds:—

“I wish to exert my influence against the use of tobacco by the young. I deem the cigaret especially harmful and without redeeming features. It is a curse to multitudes of boys.”

The director of the Hemenway Gymnasium, of Harvard University, replies as follows:—

“I regret very much that I have made no observations on the physical condition of students who use tobacco and those who do not. Upon general principles, I should say tobacco was detrimental to the physical and mental development of the young, on account of its effects upon the capillary circulation and the action of the heart. I can recall, however, many superior mental and physical athletes who have used tobacco habitually. It may also be said that the students, as a class, who use tobacco, take much less exercise than those who do not. The question then arises as to whether the poorer physical condition of this class is to be attributed to the lack of physical exercise, or the use of tobacco, or both.”

I should say that the question arises, Is not the tobacco responsible for the fact that these students “who use tobacco take much less exercise than those who do not” by making them lazy and less inclined to active muscular exertion? But we leave this for the more positive testimony of the Yale Gymnasium, which is backed up by careful observation and statistics. W. G. Anderson, M. A., M. D., director of the Yale University Gymnasium, writes as follows:—

“We have carried on a series of observations relative to smokers. We

find that smoking is injurious to grow-boys and youth; that the smoker does not attain and hold as high a stand in the university as the non-smoker does. His physical development is not so good, and his lung capacity is usually lower, than that of the non-smoker. I have no hesitation in saying that I consider the use of nicotine harmful for a growing youth, and I shall strongly urge our boys to reduce their smoking to a minimum, if they can not stop it altogether.”

Jay W. Seaver, A. M., M. D., medical examiner of the Yale University Gymnasium, has made extensive observations to determine the effect of tobacco on the university students. The records of students who entered the university during a period of nine years were studied, showing that the tobacco users were inferior to the others in weight, but especially was the difference noted in height and lung capacity. The doctor's observations on the development of students while in the university, may best be given by quoting from his article published in the *Arena*, in 1887:—

“The effect of nicotine on growth is very measurable, and the following figures are presented as a fairly satisfactory demonstration of the extent of the interference with growth that may be expected in boys from sixteen to twenty-five years of age, when they are believed to have reached full maturity.

“For purposes of comparison the men composing a class in Yale have been divided into three groups. The first is made up of those who do not use tobacco in any form; the second consists of those who have used it regularly for at least a year in the college course; the third includes the irregu-

lar users. A compilation of the anthropometric data on this basis shows that during the period of undergraduate life, which is essentially $3\frac{1}{2}$ years, the first group grows in weight 10.4 per cent more than the second, and 6.6 per cent more than the third. In height the first group grows 24 per cent more than the second, and 11 per cent more than the third. In girth of chest the first group gains 77 per cent more than the second, and 49.5 per cent more than the third."

Dr. E. Hitchcock, of Amherst College, observing a similar group of young men, in a manner entirely different, found that the non-smokers had increased in development more than the smokers, in the following percentages: In growth in height, 37 per cent; in weight, 24 per cent; in chest girth, 42 per cent; in lung capacity, 75 per cent. Professor Seaver, commenting on these figures, says:—

"The widely-differing growth in capacity of lungs points to the influence of tobacco on respiration. Inspiration is essentially a muscular act, and, as such, would be seriously impeded by nicotine. But even further than this must act the irritating substances of a smoke which readily causes inflammation and soreness of any mucous membrane. Now to fully expand the lungs under such condition is uncomfortable if not impossible, and respiration degenerates into an incomplete act."

As to the effect of tobacco using on the mentality, the professor uses the following significant language:—

"Out of our highest scholarship men, only a very small percentage (about five) use tobacco, while of the men who do not get appointments, over sixty per cent are tobacco users.

But this does not mean that mental decrepitude follows the use of tobacco, for we may read the results in another way, viz., the kind of mind that permits its possessor to become addicted to a habit that is primarily offensive and deteriorating is the kind of mind that will be graded low on general intellectual tests."

Take it either way, the case is pretty strong against tobacco. One more important statement before leaving Dr. Seaver's testimony:—

"Whenever it is desired to secure the highest possible working ability by the organism, as in athletic contests, where the maximum of effort is demanded, all motor-depressant influences are removed as far as possible, tobacco being one of the first substances forbidden."

George L. Meylan, M. D., medical director Columbia University Gymnasium, writes:—

"I am fully convinced that the use of tobacco is detrimental to the physical development of the young, and I believe that it is also detrimental to their mental development."

Edward Hitchcock, of Amherst College, already quoted in connection with Dr. Seaver's testimony, writes:—

"I shall not hesitate to pronounce the use of tobacco in young men to be evil and only evil, physically, mentally, and morally." At the same time, it more often than otherwise is not shockingly, immediately, and distressingly pernicious. It may be used by many in moderation for a long time without apparent evil. But it is a drug; a sedative, enervating, and unwholesome drug. It does not give vigor, strength, activity, or alertness of any kind of vitality. It soothes,

quiets, and benumbs the physical and mental condition.)

"It often quiets the hard worker, and gives him an easy way of resting, and thus the hard-worked and over-tired muscle or brain worker may receive, often, a benefit from using it.

"But a young man does not want this kind of fare. He wants to be strengthened and not torporized. His regimen should be good food for the stomach, active waste of muscular tissue, and change of employment when tired, till he is ready for 'tired nature's sweet restorer,' and not try to ease the nervous exhaustion by a paralyzer."

Good advice also, I should say, for those who are older. For I have known men past the meridian of life, who I knew were being made dyspeptics and nervous wrecks through the use of tobacco; and they knew it, but had not the will power to give it up.

TESTIMONY OF Y. M. C. A. GYMNASIUM DIRECTORS.

We have here a body of men who have also ample opportunity to observe the effects of tobacco on young men. Many of these have not given the subject much thought, but others are in possession of testimony which is of especial value coming from this source. A. G. Studer, acting general secretary Detroit Y. M. C. A., writes:—

"We have never kept any statistics regarding the effect of smoking upon the growing youth. (Personally I have examined over 14,000 young men, and from general observation, I can say that smoking has had its effect most particularly on the nervous

system of the growing lad, as well as hindering his normal physical development. This was particularly demonstrated some years ago, when we had a junior baseball team. The young lad playing center field was a natural born athlete, yet it always occurred that when a close game was being played and much depended upon his making a good play, he would invariably fail in his efforts. Time and again has he missed what were, at the time, easy flies, but because of the closeness of the score, and the importance of his catching it, he would fail. For some time I could not account for this, until, upon investigation, I found that whenever he was away from the supervision of the association and the club, he would use cigarets.) I might mention many other striking examples of the effect upon the nerves of the use of tobacco by the youth, as well as those who are older."

E. E. Bliss, physical director Oakland Y. M. C. A., writes:—

"I have not gotten together any anthropometric data since coming to the coast, but will give you the facts as I have seen them. I find that (young fellows who smoke (which is invariably the cigaret) have not the endurance that the ones have who do not. A number of young fellows who had given up the smoking habit, remarked to me how much more they can stand, can run farther, and with much more ease. I believe the cigaret is the one thing that is keeping many young men from going into athletics to-day, and naturally keeps them from developing the best that is in them, not only physically, but mentally and morally.)"

The physical director of the Denver Y. M. C. A. writes:—

"I have made special note of the effects of tobacco upon men in training for special events, running, cycling, swimming, and boxing, and find that in every instance the men who were using tobacco, and especially smokers, were the inferior men, and had either to give up the use of the stuff or drop out of the training class. I have now in my gymnasium a man who has taken boxing instructions from the best teachers in the country, and is as skilled a man in the art of self-defense as any man I ever saw; but he is an inveterate smoker, and he can not stand up before some of my first-year pupils, simply because he hasn't the endurance, or, as he terms it, he hasn't the wind. I told him that he would either have to give up boxing, or smoking; and I am happy to say that he has given up smoking."

"There is nothing that so stunts the growth of boys and young men of the present day, as the use of tobacco. The cursed cigaret and the big plug of chewing tobacco for a nickel are ruining thousands of young lives."

So the concensus of opinion is that the effect of tobacco on the young is to lessen the physical strength, to dull the mental acumen, to retard the physical, mental, and moral growth of boys who use it.



"I NEVER meddle with tobacco, except to quarrel with its use."—*William Cullen Bryant*.

WHAT we do determines what we are and what we shall be.

What Relation Does the Use of Tobacco Sustain to the Alcohol and Drug Habits?

T. D. CROTHERS, M. D., who has for years been in charge of the Walnut Lodge Hospital, of Hartford, Conn., an institution for the care of alcohol and drug inebriates, writes:—

"The use of tobacco increases the narcotism and general degeneration which follow from the effect of alcohol. The inebriate who uses tobacco has always a weaker nervous system than one who does not. Tobacco undoubtedly predisposes to, and encourages the use of, alcohol. In some persons this is very prominent, in others not so. In all cases it has an appreciable injurious influence on the nerve centers. It is more difficult to restore an inebriate who persists in the use of tobacco. In some cases, when tobacco is given up, all desire for spirits disappears. In other cases, when spirits are abandoned, tobacco is used. Both are exceedingly dangerous. The tobacco is more concealed in its effects, and more cumulative in its action, than alcohol. An excessive user of tobacco, as a rule, always suffers from organic diseases of the heart, kidneys, and other organs. The connection between the use of tobacco and these affections may not be very clear, but it exists. Recently the relation between arterio-sclerosis has been pointed out, showing that tobacco encourages fibrinous deposit on the arteries and cord. The narcotism from tobacco is undoubtedly a very serious disturber of healthy activities, at all periods of life.

"*My Dear Doctor:* The above is a brief answer to your inquiry. I think we will find in the near future that

tobacco is an exceedingly dangerous narcotic, but, owing to our present ignorance, its effects are unknown. Oculists have shown how far it damages the eyesight, even in moderate use, and I believe we shall know more of its effects when the delusions which infest it are cleared away."



In quoting those who have answered my queries regarding the effects of tobacco, I have tried to deal fairly with my correspondents. So I have given what they have to say in favor of tobacco as well as against it. For instance, in the case of Dr. Hitchcock, I might have quoted one or two of his strongest statements against the use of tobacco, and omitted the others, but that would not have been fair to the doctor. I am fully aware that some may take advantage of this, and quote some of these statements to prove that the HEALTH JOURNAL favors the use of tobacco under certain circumstances; for it is almost impossible for the ordinary person to be absolutely fair in quoting testimony. The tendency is to warp it in the direction of our inclination. So, doubtless, I have failed in some cases, to be fair. But if so, it is unconsciously.

In writing, as I did, to numbers of men who are, doubtless, themselves users of tobacco, I have placed some of them, as it were, in a predicament; for in their hearts, no doubt, many of them would gladly see the youth freed from this curse, and yet to testify against a habit which they themselves indulge in, would place them in an unenviable light. So some have declined to reply, notwithstanding

stamped and addressed envelopes were enclosed for this purpose. Others, while condemning the use of tobacco in the youth, have upheld its use in those who are older.

Now, there may be those whose lives are not shortened by the use of tobacco, whose digestion is not impaired, who do not have any visible nervous, mental, moral, visual, auditory, heart or throat defect as the result of smoking. There may be some on whom the habit has left absolutely no evil impression, so far as I know. But the fact remains that tobacco is a poison, and a violent poison, and on the most of mankind it exerts a marked influence for evil, an influence especially marked in early life, when it acts as one of the most potent influences to unfit those who use it for positions of usefulness and distinction.



The Boy, a bimonthly magazine, issued by the Anticigarette League, 1119 The Temple, Chicago, Ill., should be in the hands of all parents who have boys likely to be thrown into temptation to begin the use of tobacco, or parents of boys who have already begun the use of tobacco in any form. Parents should realize their responsibility, and recognize that the tobacco habit is not a matter of minor importance, but a giant curse sapping the vitality out of the rising generation. *The Boy* should be scattered broadcast. Price, 50 cents per year; 25 cents in clubs of four or more to one address; 15 cents in clubs of 20 or more to one address.

The Boy, 1119 The Temple, 184 La Salle Street, Chicago.



Another Sad Curse

By * * *

O, TELL us, we pray thee, what curse now is here?
There's the sad curse of liquor snatching loved ones so dear;
But is there another? O, tell us, we wait;
Are others beguiled to as dreadful a fate?
Yes, another foul demon is lurking around,
And many's the victim he's dashed to the ground,
And dragged to his pit. The boys bright and fair
Are the prizes he seeks—those he deems the most rare.
He gathers them in with villiansome greed
By means of a baneful, a poisonous, weed.
He seizes our youth, and, with pleasing deceit,
Beguiles and enchants till their sad fate they meet.
He benumbs their quick minds, and stuns with one blow
Their consciences keen,—this mean, dreadful foe.
Ah! tobacco makes slaves of the children of men,
And who'll proclaim liberty to them again?
And some day you'll read in your darling boy's face,
Instead of sweet innocence, everlasting disgrace;
Or instead of a life full of action and joy,
You'll call for the grave to give back your dear boy.
O mothers, as daylight creeps slowly away,
Where are the boys? Are they in from their play?
And, sisters, your brothers, O, where do they go
To spend all their evenings away from you so?
Be watchful, be patient, and bear with the noise,
And bind them with love to your hearts—the dear boys.
Make home so pleasant, they'll keep off from the street,
And ask the dear Father to guide straying feet.



Women to the Rescue

“YOUNG women are the greatest influence in the world to-day. It is sometimes said that women are what men make them. It is much truer, I think, to say that men are what women make them. The best elements of society are conserved in

women. The world looks to women, and depends upon them for its moral and spiritual advancement.”

These words were written by one who for the last fifty years has been one of the strong moulding influences among both the men and women of

America, Julia Ward Howe. She is the author of that grand song, "The Battle Hymn of the Republic."

What woman of experience can not appreciate the force of these words? It *is* to woman that the world is looking for "moral and spiritual advancement," and justly, too! It was woman that first led man astray, and it is the most fitting and becoming thing for her to do, to throw all of her best energies into the work of trying to lead him back.

Where could she more effectually begin her general work for men than on the great tobacco curse? Here is a grand opportunity for her to strike some telling blows. The tobacco habit is such a wide-spread evil, and of such a debasing, degrading character. It drags into its net those of the most brilliant talents, and those of the most splendid genius. It benumbs and stupefies until it seems to blunt every sense of moral obligation to God and man, thus rendering many cases most desperately hopeless.

But if it were the boys and men only we had to reach, the problem would seem less perplexing, but our women and girls are also ensnared. Tobacco dealers report now that among their best customers are hundreds of women. Society women, women of wealth and position, and the dissipated girls of our land are among this number. Vice is no respecter of persons, and once it secures a firm hold, not even the virtue of woman can hold its own against the consequent results. But this would seem less sad if other mothers and sisters, not ensnared in the habit, were awake to a sense of the awful curse and were working with all their might, mind, and strength against it.

It is to this class we wish to speak through the pages of this JOURNAL.

All mothers of either sons or daughters should think most *seriously* along these lines. Is the home influence strong enough to hold your sons and daughters from the corrupting influences of the world? Are you making companions of your children, and keeping in touch with them in their joys and sorrows and struggles? Are you placing before them pure, healthful foods, free from spices and condiments, such as will not excite a desire for alcohol or tobacco?

Are you implanting early in the mind a disgust and hatred for the filthy habit of tobacco using, telling them how it corrupts both soul and body? "Ye are the temple of God; if any man defile the temple, him will God destroy," is a strong text to help carry this lesson home.

O mothers, do your duty to faithfully warn your sons and daughters against the evils of this degenerate age! Fill the children full of correct principles, drawn from the Word of God, and I assure you, when they go out from you into the great sin-defiling world, you can carry their cases with greater fervency to the One who has power to help them, and expect His mighty arm to be moved to action in their behalf.

Even though they, for a time, may seem to lose their bearings, and be carried away with the tide, they will come back again, for God's Word can not fail. "Train up a child in the way he should go; and when he is old, he will not depart from it."

EVERY one is more or less the creature of his own imagination.

Women and Tobacco

By Augusta C. Bainbridge

WHY should women concern themselves about how much tobacco a man uses, or how many men use it, or if they use it at all? If it is harmful, as some claim, the user will reap the harm, and she may as well let him alone.

Women, of all others, are concerned in the matter of men using tobacco, because they are the sufferers. To a clean, pure woman the odor of tobacco is nauseating; and while it is puffed in their faces, and spat in their pathway at every street crossing, they are expected to have self-control enough not to show their suffering. Not all men are dead to this fact, and if approached kindly they will respond cheerfully, and deny themselves in order to save their sisters any annoyance.

Women enjoy the society of their clean brothers, lovers, or husbands, and while the use of tobacco does not cut the social tie asunder, it certainly brings a cloud that carries no refreshing. Should she let them know this? Should she tell him she would like to see more of him, be nearer to him, and let him know that tobacco is the barrier? Can she do it in such a way as to cause him to value her more than the weed? Study him carefully. Scolding will not help her. Scientific discourse will often hinder; but love, the most powerful force in the universe, will conquer. Love to God, and God's love to us, are parts of the great love that God is. Love for the pure, the clean, the true, grows by exercise, and wins always.

Women suffer as a result of their brother's sin. They are forced to breathe the foul air and live in the atmosphere the smoker pollutes. This is particularly trying to pregnant or nursing mothers. Besides the pain it brings to them, there is the added pain that other little lives are being cramped and hindered, and unable to utter a protest.

While women know and can prove that tobacco using increases the selfishness of the user, they suffer more from the loss of moral tone that pervades his whole life. As the tobacco habit grows, his regard for his word, the truth, his friends, and his business decreases.

A tobacco-using father leaves a physical stain on his children. Not alike on all, but generally some nerve weakness, plainly distinguished as a tobacco mark. The children of tobacco users can be picked out of a crowd by any one who has noticed this peculiarity.

While other abuses injure the moral nature of man, there is not one that can compare with tobacco in the permanence of its effect. Nearly all men lose their virtue soon after they begin to use tobacco. Not, perhaps, while directly under the first influence of the drug, but while the after-effects are doing deadly damage.

Tobacco users, particularly men who begin its use early in life, count woman's virtue of little moment. More than eighty per cent of the fallen women in our cities lose their honor through the influence of a tobacco

user. It would be better to trust your daughter in the hands of any other man than a devotee of this weed. His moral sense is blinded, benumbed, deadened, while his passions are spurred.

Now, can you answer my first question?

Then let her lift her voice, her hand, her pen, her heart, and never cease till every boy and man she can reach has heard the warning cry, "Touch not, taste not, handle not."



A Few Careless Words from a Girl

A YOUNG boy, in seeking to find an excuse for his almost incessant use of the cigaret, said to a friend who remonstrated with him about the habit: "I gave up the use of cigarets once, and a young Christian (?) girl said to me: 'You do not smoke any more, do you? I like the smell of cigarets,' and I at once began again."

O girls, be careful of your words when talking with young men! Be careful of them *always*, and you will save yourselves and others much sorrow and regret.



Instruct the Youth

By Edith O. King

*"My people are destroyed for lack of knowledge."
Hosea 4:6.*

LACK of knowledge concerning the evil effects of cigaret smoking, or ignorance, if you please to call it by that name, is the chief cause of the widespread use of cigarets among the youth. The majority of boys who

smoke know little or nothing of the real danger wrapped up in a cigaret. They never stop to consider what enters into its composition. They think it manly to smoke, but if they knew it unmanned them—made it impossible for them ever to attain to the highest type of manhood—do you think they would have continued to consume a large proportion of the 3,041,573,668 cigarets that were consumed last year?

Prevention is better than reformation, and an intelligent understanding of the enormity of the results which follow this practise would do much toward prevention. Parents everywhere, and every teacher in every school, should thoroughly instruct the young under their charge in regard to the baneful effects of cigarets in particular, and tobacco using in general.

The following incident from a little sketch called, "The Boy Who Did, and the Boy Who Didn't," illustrates the willingness of one boy, at least, to renounce the deadly habit as soon as he was informed of the injury it inflicted:—

"Was I near dead, sir?"

"Pretty nigh. You see, you've got a touch of tobacco-heart."

"Wotever's that?" said Joe. "You don't mean for to say as 'ow cigarets can 'urt a young chap?"

"But I do mean that, my boy. And I'm not likely to tell you a lie, or anybody else. There's a graveyard not a hundred miles from here that needn't have been dug had the boys that fill it kept away from cigarets. No, the smoking didn't kill them right away. It just weakened them, and so when they fell ill of ordinary complaints, they had not the strength to get over them. But, lad, they're

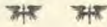
far better dead. They would have grown up poor, weak sillies, and never real men, happy and strong."

"Does tobacco stop your growing, doc?"

"My boy! what a question to ask! Cigaret smoking makes the heart weak and flabby, and so it is not able to

pump enough blood to strengthen the bones and flesh and make them grow; and the blood it does supply is watery trash. You, yourself, Joe, are as white as a haddock, and as soft in flesh, too. You'll never be a man."

"But, doc, I'll stop smoking; 'ere's my 'and, doc, I will!" And he did.



Let Us Study This Question

By Mrs. Hattie Florence Morser

It has been questioned whether the use of tobacco and other narcotics is not doing far more injury to the people than the use of alcohol, because so much more insidious. Let us reason together, and see what will be the conclusion of the whole matter. What relation exists between tobacco and alcohol?

Statistics show that over twelve billion cigars are used in the world every year, and four billion cigarettes are consumed annually in this country. It is stated that if the cigarettes alone were placed end to end they would reach eight times around the globe. Just think of it, fathers, mothers, sisters, and brothers, seven hundred million dollars' worth of tobacco consumed annually in this country! Who can estimate the direful results of ingesting such immense quantities of poison? It is said of Americans that they are a nervous race. Is it any wonder, when we stop to consider the causes at work,—burning up good money, and poisoning themselves with the smoke?

It is a fact, admitted by all and denied by none, that tobacco is among the most powerful narcotic poisons

which the vegetable kingdom affords. A simple proof of the poisonous properties of tobacco smoke is, that if frogs or birds are confined in it they will die from its effects in a short time. Reliable physicians assert that young infants have been killed in the same manner by ignorant parents.

It is stated that twenty thousand men and boys die each year in the United States from the effects of tobacco. But because men have smoked and chewed the vile stuff, been preserved and pickled therein, with *seeming* impunity, is no argument in its favor. Death would often occur when first used, except that it acts as an emetic, and the stomach throws off the poison, until the system becomes inured to it. Then it seems to soothe the nervous system, but, rather, it renders it more feeble and irritable, requiring the temporary quiet of the cigar or pipe, thus helping to deaden the smoker's feelings, and he goes on injuring his health until he is beyond hope of recovery.

Tobacco does not affect every one exactly the same way. One victim may become blind, or nearly so, another deaf, a third have tumors or

cancer, a fourth have heart disease, and a fifth may suddenly become helpless or die of paralysis.

An English physician says: "After fifty years of most extensive and varied practise in my profession, I have come to the conclusion that smoking is the main cause of ruining our young men and pauperizing the working men. The proverbial drunkenness of our countrymen can only be arrested by laying the ax at the root of the superducing cause—the *thirst-creating power of tobacco.*" This, then, answers the question, Why does smoking lead to strong drink?—Because it has a paralyzing effect upon the nerve terminals, which causes a dryness of the mouth and throat. This thirst is not relieved by water, but is readily quenched by alcoholic drinks. Hence the kindred habits of smoking and drinking, so says Dr. Mussey, professor of surgery in the Miami Medical College of Cincinnati.

A reformed man testified that smoking and chewing produced a continual thirst for stimulating drinks, and this tormenting thirst led him into the habit of drinking spirituous liquors. Says he: "After I had subdued my appetite for tobacco, I lost all desire for stimulating drinks." "Avoid smoking," is the advice of another; "it is the devil's leading-string, commencing with a hair and ending with a cable."

The use of tobacco is unnecessary. It yields no benefit, meets no real want of the system. The appetite which is created by its use is a species of bondage. It tends to make one selfishly careless of the comforts of others. Smokers and chewers, as a class, are notoriously so. Women

have borne with this hateful thing almost since the time Columbus sent the two sailors out to explore the island of Cuba, and they reported having seen the naked savages "twist leaves together and smoke like devils," puffing smoke from their mouths and noses, which they supposed to be the way the natives had of perfuming themselves. And thus the white men of America, and other countries, have taken up this barbarous custom. They have saturated their rooms and clothing with the smoke. O, if it only stopped there! It has become almost impossible to ride on the outside of a street-car without being almost strangled with tobacco smoke.

Many women have been sickened by the nauseating breath of the tobacco user at home, on the street, everywhere. Entering public buildings, they have to pick their way as best they can among the spittoons that meet them at every turn, often vainly trying to keep their skirts from contact with the accompanying filth.

O Christians, and all people who are tired of this terrible state of affairs, the night is far spent, the day is at hand! Shall we arise and join our forces to fight this foe? Let us each work with our might, asking for wisdom from the great Source that *never* faileth. Lord, what shall I do to try to protect the lambs of the flock from this wolf in sheep's clothing, which is going to and fro through the earth "seeking whom he may devour"?

It is because the life of the nation depends upon the children of to-day, who will be the men and women of tomorrow, that we come to you with these test questions concerning your interest in the work. Arise, shine. Do something.

“Stub”

By M. Elizabeth Burns-Howell

To be sure, his father was only a humble working man, and probably no great inheritance would have awaited him at best. But he was as bonnie a blue-eyed baby as ever lay in a loving mother's arms, and certainly that one heritage, the possession of a clean and wholesome manhood, will full development of body, mind, and morals,—surely that much was his natural birthright, in common with every other sound, sane laddie.

But, alas! no sooner was the laughing, crowing blue-eyes down from his mother's arms and able to toddle out of the cottage door and across the tracks, than the *fiend* got his clutch upon him, and the poor little darling was doomed.

“Darling,” did I say? Stub a darling? How incongruous the sound, as I try to fit the name to the memory I recall. No, I don't think anybody ever thought of poor little Stub among the darlings, unless it was his poor mother, who feasted her soul upon his baby sweetness before he got to be “Stub.”

Even as you or I, mother dear.

But, as I said, the fiend soon set his death's head upon the little brow, and from that hour the baby boy was lost.

Imagine that mother's anguish, when one summer day her little innocent came home with his rosebud mouth all stained, and the baby frock—I am not sure if he was yet out of his bibs—all smeared an ugly brown, while the chubby fingers clutched at the lips that could only lisp, “Nathty, nathty,” while wry faces and sundry attempts to spit out the noxious taste showed the effort of nature to repudi-

ate the pollution that had been thrust upon it.

Tobacco? Yes; that was how it began. And why did the mother not protect her child? She tried to, but she was one of those women, well-meaning but weak; and not being in the light herself, how could “the blind lead the blind.” Besides, her brood was numerous and the duties never-ending, and it seemed impossible to keep the child in. Besides, there was the father's example, who, to the shame of his ignorance be it said, laughed at his baby's plight, and “lowed he'd get used to it soon enough.”

And so he did, poor child, too sadly soon. By the time he was ten,—when I knew him best (for, my dear mothers, this is a life-sketch, and my father could corroborate it),—by the time this unfortunate child was ten years of age the work of ruin was practically complete. He had become a miserable tobacco sot; chewed, and smoked cigars, cigar-stumps, pipe, or whatever he could find, buy, beg, or steal.

His physical growth was so arrested that he looked to be only five, and never passed the size of seven, although he lived to be fifteen. How well I remember the strange little dwarfed body, and the old, old look in the wizened face.

Of course he did nothing in school, although his mind was naturally as good as the average. Soon he dropped out altogether, and the streets and alleys and the box-cars at the station became his haunts. Of his moral undevelopment and impurity it is easy to surmise. That he became habitually unclean, untruthful, black-guard, and profane, was the only logical outcome.

About this time I went to a distant city, and heard no more of "Stub" for about five years, when, upon a visit home, it occurred to me to inquire about him, along with other town characters.

He had recently died,—died miserably, a victim to the long-continued pollution of the life current, which finally became too corrupt to flow. And then that worst and last defilement, which for its very vileness shall be nameless, finished the tragedy.

Finished? Not quite; but the book is closed until that judgment-day, when it shall be, Woe unto him that causeth one of these little ones to stumble; "it were better for him that a millstone were hanged about his neck, and that he were drowned in the depth of the sea."

Of all the sights that sadden mortal eyes,
And shock the soul with sense of pained
surprise,
That one most grieves the human heart
within
When fiends allure a little child to sin.



A Girl's Influence

A COLLEGE GIRL GIVES HER OWN
EXPERIENCE.

A GIRL can always greatly influence a young man, either for good or evil. I never fully realized the truth of this until a short time ago. An interesting experience of my own has shown me what the girls could do if they would.

I was visiting friends in another city, and was invited out one evening to a party.

At the gathering I met a young man in whom I was at once deeply interested. He looked very delicate, his voice was husky, and every now and then he coughed.

We began to converse, and, after a few questions from me, he told me that he was only eighteen, but that he had smoked cigarets for four years. He added that they had ruined his voice. He said that the girls of the crowd had never objected when the boys wished to smoke, and that some of the mothers would even ask the boys to the smoking-room.

Here was a boy who seemed to have had good home training, but who had started to smoke at an early age, and who had, unfortunately, been thrown with a crowd that encouraged him in what was wrong. Here was a case where girls had permitted themselves to exert a bad influence.

We discussed the cigaret question for some time. He finally confided to me that he wished he could "break off." Then he hesitated, and said: "I wish some nice girl in the crowd, one whom I liked, would only take a stand against smoking, and help me to stop. I really need encouragement."

These few earnest words spoken by a cigaret-loving boy, certainly show what an influence the girls could have. This boy had been in the midst of a smoking crowd for four years, and yet a few of the right kind of words had made him wish to "break off."

We continued our talk, and he finally told me that he would stop the next day, and would not smoke for a year. I encouraged him all I could; and feel very well repaid for my efforts, and shall continue to try to exert the best influence I can.

O, that all the girls in our country would form a mighty brigade and help banish the deadly cigaret from our glorious land!

A COLLEGE GIRL.

Chicago.

Medical Testimony

DR. HAIG, in his book, "Uric Acid in Causation of Disease," has the following to say regarding the effect of tobacco:—

"It has apparently been pointed out by several observers that smoking tobacco diminishes intellectual power, and if it does not in any way weaken the power of the heart it is easy to see how it may hinder the due nutrition and development of the brain. I am also indebted to Dr. Morgan Dockrell for the information that tobacco may precipitate alopecia senilis (baldness), but that the hair may recover, if smoking is given up; so that it apparently affects nutrition on both sides of the skull."

As a rule the medical examiners have been averse to making positive answers to the questions sent them regarding the effect of tobacco on life insurance risks; but J. C. Sullivan, as quoted by the Illinois *Medical Journal*, classes with the good risks—

"All those with valvular defects, which have existed two years, when the lungs and liver are healthy and the applicant *is not addicted to the tobacco habit, and avoids alcohol in any form.*"

In other words, tobacco increases the risk in cases of valvular disease of the heart. The fact is, it increases the risk in any case, but it becomes more apparent in organic heart disease.

Dr. W. P. Lombard, of the University of Michigan, has carried on a series of experiments showing that the administration of even a moderate

amount of tobacco in the form of smoke lowers the working power of the human muscle by a high percentage, and there seemed to be no compensation for lowered temporary ability in increased duration of it. In five to ten minutes after beginning to smoke an ordinary cigar, muscular power began to diminish, and in an hour, when the cigar was burnt, it had fallen to about twenty-five per cent of its initial value.

Tobacco Deafness

WYATT WINGRAVE, M. D., physician and pathologist to the Central London Throat and Ear Hospital, and President of the British Laryngological and Otological Association, in an address before this association, as reported in the *Quarterly Journal of Inebriety* for January, gives the result of his investigation of a form of deafness which results from the heavy indulgence in tobacco, especially by youths. He mentions three forms of tobacco deafness, the first being caused by sucking on a tightly-packed pipe, cigar or cigaret; the second, by the irritation of the mucous membranes of the throat and adjacent passages, by the tobacco fumes; the third, by the gradual accumulation of poisons in the system, causing marked changes in the nervous mechanism, including the nerves of sight and hearing. Of the seventeen causes belonging to the last class which have come under his observation, all of them heavy smokers, no form of treatment afforded any permanent relief so long as they continued the use of tobacco, even in reduced

quantity. Eighty per cent showed marked improvement on complete abstinence from tobacco; and supplementing by drug treatment, three were cured. "But the habit was so strong, and the will so weak, that the forecast was not always encouraging."

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Quotations from Medical Text-Books

HAROLD GIFFORD, B. S., M. D., Professor of Ophthalmology and Otolology, Omaha Medical College, says that "optic neuritis (inflammation of the optic nerve, accompanied with impairment or loss of vision), the chronic variety, where the nerve trunk is affected, is, in the great majority of cases, caused by systemic poisoning with alcohol, tobacco, lead, or other drug substance taken into, or developed within, the body." He says that in the cases caused by systemic poisoning, the chances for recovery are good, if the poisoning can be stopped before actual destruction of nerve-tissue has taken place. Again, in naming the various toxic substances that may produce partial blindness, he gives a long list of poisons, with tobacco at the head of the list.

✠

C. R. Holmes, M. D., Professor of Otology, Miami Medical College; ophthalmic surgeon, Cincinnati Hospital, says: "The abuse of certain drugs has a marked influence upon the ears, quinin, salicylic acid, and tobacco being the most important. The direct action of tobacco upon the nerve of hearing has, so far (1899), not been clearly established, but is perhaps similar to the action upon the

optic nerve. Its deleterious effect upon the mucous membrane, causing dryness, brings about, or aggravates, existing catarrhal troubles, involving the eustachian tube and middle ear, causing tinnitus (ringing of the ears) and the usual labarynthian complications in advanced cases."

✠

Benjamin Ward Richardson, M. D., L.L. D., F. R. S., F. R. C. P., in his work, "Preventive Medicine," has much to say regarding the evils of tobacco using, but I will have space for only a few extracts:—

"Most of the great systems of the body suffer from the effect of tobacco smoke, but of all systems, the digestive is the one most affected. . . . On the whole, dyspepsia may be said to be the malady of the confirmed smoker, and the terms 'smokers' sore throat,' 'smokers' tongue,' 'smokers' salivation,' are too familiar.

"It renders the blood unnaturally fluid, injures the red blood corpuscles, and greatly disturbs the action of the heart and of the arteries. It creates palpitation of the heart, irregular action, intermittency, and in extreme cases, cardiac breathlessness, attended by acute pain or spasm through the chest. It causes constriction of the minute blood-vessels of the circulation, paleness of the face, and anemia.

"The action of the smoke of tobacco on the mucous lining of the bronchial passages is to produce much irritation, attended often with cough and expectoration.

"There can be no doubt that smoking produces serious functional derangement of the senses. It markedly impairs the senses of taste and smell, and probably renders less accurate the

sense of touch. But the senses most seriously influenced by it are those of hearing and sight.

"The specific effect of smoking on the sense of hearing is indicated by a confusion of sounds, with a difficulty of appreciating sounds that are very soft or unusually loud.

"On the sense of sight tobacco smoking produces indisputably phenomena of a serious character. In moderate smokers the sight is often perplexed. Letters become confused in reading, luminous specks float before the eyes, deep-seated pain is felt in the eyes, and the vision is attended at times with irritability, as if the sight could not be firmly fixed on an object. . . . In time there is produced a disease which is called 'tobacco amaurosis,' one of the most determinate forms of blindness when completely established. In this instance the habit of tobacco smoking produces a distinct organic or structural disease."

And yet railway managers admit that they have never given the matter thought as to whether there is a difference in efficiency between smokers and non-smokers. If managers were employed, who were themselves non-smokers, and who would give this matter the attention that it deserves, there would be fewer train disasters, with less loss of life, and with less loss of property to the owners of the railroad.

One more quotation from Dr. Richardson:—

"I have spoken so far of its effects on adults only. In the young those effects are infinitely more serious. In them smoking checks nutrition, bodily development, and mental development."

H. F. Phelps, 118 W. Minnehaha Boulevard, Minneapolis, Minn., is publishing a leaflet (24 pages) entitled "Save the Boys," which contains many forceful utterances, and a large number of telling quotations against the use of tobacco. He is also publishing a monthly by the same name, price 30 cents per year, or in clubs of five or more to one address, 20 cents per year.

TOBACCO I abhor in all its forms, and am persuaded that, like strong drink, it has slain its tens of thousands.—*Father Cleveland, for many years a city missionary in Boston. He was the uncle of Grover Cleveland.*

I NEVER used tobacco, and am a total abstainer from alcohol.—*Jeremiah Day, a mathematician, and for twenty-four years president of Yale College.*

IN my opinion the man is happiest who is so organized as to be able to dispense with alcohol and tobacco.—*Tyndall.*

THE face is an automatic, self-registering index of all one's thoughts and emotions, past and present.

THE mind can not remain blank. To exclude evil thoughts we must fill it with something better.

DISEASE speaks by its symptoms, written through the agency of the special senses, or upon the features.

Pastime Tobacco

CLOSE beside the road I see,
Pasted upon house and tree,
A sentence short, the words are three:
"Chew Pastime Tobacco."

And as I pass along my way,
Where travelers journey day by day,
What does the corner fence-post say?
"Chew Pastime Tobacco."

Small boys, to whom the day seems long,
When tired of play and silly song,
Are told what we all know is wrong:
"Chew Pastime Tobacco."

Young men, yes, and older, too,
Who seem to be so tired and blue,
Are told by some one what to do:
"Chew Pastime Tobacco."

If boys who are not very tall
Have no desire to grow at all,
I'll tell them what will keep them small:
"Chew Pastime Tobacco."

I say to men whose years are more,
If you would soil your wife's clean floor,
And make her feel you are a bore:
"Chew Pastime Tobacco."

If you would like to have your throat
All covered with a cancerous coat,
Then these three words to you I quote:
"Chew Pastime Tobacco."

If all your money you would spend,
Nor any to the heathen send,
And never have a cent to lend:
"Chew Pastime Tobacco."

And if, before the pearly gate,
With all the filthy you would wait,
And hear the King proclaim, "Too late!"
"Chew Pastime Tobacco."

—Minnie Embree, in *Pacific Health Journal*.

November, 1899.



A NEW book, "THE LOVER'S LOVE, OR JOHN THREE-SIXTEEN." By Wm. P. Pearce.

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