

# PACIFIC HEALTH JOURNAL.

*A Sound Mind in a Sound Body.*

VOL. XIV.

APRIL, 1899.

NO. 4.

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## Mind Feeding. No. I.

LITERATURE.

BY MRS. ADELAIDE MORAN.

“EAT that which is good.” Good food makes good blood, and good blood makes good brain, bone, and muscle. It produces health and vital activity. Feed the mind with good food, and the result is a good mind, one that is clear, quick, and ready. A healthy body is almost impregnable to disease; a healthy mind is a strong defense against the shafts of iniquity. A healthy body is full of energy; a healthy mind is stored with sound principles.

One of the most active elements in mind-feeding is the printed page, but careful discrimination must be used, or evil will result. Much literature is thrust upon the public which is to the mind as alcohol or morphine is to the body. It rouses all the baser passions, and benumbs the moral faculties. It cultivates all the inherent evil, and dwarfs every aspiration to better living. Stories of crime and bloodshed are depicted in the plainest manner possible, and the minutest details are dwelt upon, only to create unholy desires in some unfortified mind, or even to blunt the sensibilities of the most scrupulous. The newspaper, which is daily read with intense eagerness, is aflame with head-lines calling attention to the

most horrible happenings of the day, and those items of news which are really of worth are given so little space that only the most careful reader will see them. The youth, whose characters are developing, and who have not yet learned to look for truth as for hid treasures, see the bad only, and are deceived.

There are books, papers, etc., that are vile, and intended only to be vile from the beginning. An indignant people should rise *en masse* and blot them out of existence. Children and youth are having their minds filled with impure desires that will surely lead to both mental and physical wreck.

Novel reading can not be too carefully guarded. False ideas of life often become firmly rooted as a result of reading fiction. Many young ladies are invalids who might be strong and well and a blessing to humanity, if they would throw away their novels, and substitute exercise for the perusal of sentimental stories. Dyspepsia of both mind and stomach would disappear. Some one else has said: “The influence of such reading is injurious to both the mind and the body; it weakens the intellect and brings a fearful tax upon the physical strength. At times

the mind is scarcely sane because the imagination has been overexcited and diseased by reading fictitious stories. The mind should be so disciplined that all its powers will be symmetrically developed. A certain course of training may invigorate special faculties, and at the same time leave other faculties without improvement, so that their usefulness will be crippled. The memory is greatly injured by ill-chosen reading, which has a tendency to unbalance the reasoning powers, and to create nervousness, weariness of the brain, and prostration of the entire system. If the imagination is constantly overfed and stimulated by fictitious literature, it soon becomes a tyrant, controlling all the other faculties of the mind, and causing the taste to become fitful and perverse." This is mental dyspepsia, an unnatural appetite, a craving that is never created by natural means.

Too much reading of any kind produces an overfed and unbalanced mind. As the body becomes unwieldy and unmanageable by an over-accumulation of flesh produced by overeating, so the mind is clogged and the judgment weakened by too much of the printed page.

Reading matter should be carefully selected. Its qualities ought to be those that benefit and ennoble the mind. The progress of the world, the lives of good

people, the lessons of science, are profitable in giving higher aspirations and practical suggestions, as well as acceptable entertainment for the hour.

Books of biography are very helpful to young people. To read the life of a good man is to become acquainted with him, to share in his trials, rejoice in his victories, and profit by his experience. Some imprint of his character is stamped upon the mind. It is far better to be acquainted with the lives of such men as Livingstone, Gladstone, and Judson, than to be familiar with the details of the life of the man who has most recently come before the public because of some dastardly crime. Longfellow recognizes the influence of the lives of men in his "Psalm of Life:"—

"Lives of great men all remind us  
We can make our lives sublime,  
And, departing, leave behind us  
Footprints on the sands of time:

"Footprints that perhaps another,  
Sailing o'er life's solemn main,  
A forlorn and shipwrecked brother,  
Seeing, shall take heart again."

It is the mental make-up that determines the life-work. A man's library will largely reveal his trend of thought, and tell what his life is to his associates and to the world. Associations, by reading or otherwise, with the good, the true, the beautiful, develop like characteristics.

## The Fruit Cure. No. 2.

BY G. H. HEALD, M. D.

A PARTY of sixteen partake of an ice-cream supper; seven of them are taken violently ill and die before morning. The rest of the party are all more or less ill. A chemist is called upon to examine the stomachs of the dead for the presence of arsenic, strychnine, etc. He finds instead a substance which was not

put into the cream by murderous human hands, but was formed there by murderous microbes present in the milk. Cases of poisoning from cheese and ice-cream are by no means rare. Certain microbes have the property of producing from albuminous and allied substances (such as are found in milk, eggs, and meat),

substances known as ptomaines, some of which are intensely poisonous. Cases of poisoning from canned meats, dried fish, and other partly decomposed food materials, are of this nature. When the germs produce these poisons after the food has been taken into the body, it is known as auto-intoxication. One who has noticed with what rapidity meat and similar substances decompose when subjected to a moist summer temperature, will have no difficulty in understanding that the intestinal tract, having a favorable temperature and abundance of moisture, furnishes a splendid place for the decomposition of foods by action of microbes. The resulting mass is no less loathsome and no less poisonous than a similar mass of putrifying substance outside the body. Starchy foods, and especially fruits, never produce such utterly loathsome and poisonous products as a result of decomposition as do the foods which are rich in nitrogenous matter, either within the body or out of it.

In a perfectly healthy stomach the microbes do not get much opportunity to work; for the gastric juice is fully able to prevent the growth of germs. Like plants, which have during life the power to resist attacks of micro-organisms, but which succumb to the germs after death, the cells of the human body have in themselves

when in health the power to destroy germs. When, as a result of dietary errors or other indiscretions, a catarrhal state of the stomach is produced, the mucus loses its antiseptic powers, the hydrochloric acid may be lessened in quantity, the muscles of the stomach lose their power of contraction, and are unable to expel the food, and it lies there partly decomposed, to infect the next meal.

There are two principal classes of fermentation: One, involving carbonaceous foods, and producing gases and various acids, causes much local distress, but is not necessarily followed by serious general effects. Fermentation of nitrogenous foods, or putrefaction, may, on the other hand, be followed by most serious disturbances, while not always causing local distress, for it is from these nitrogenous foods that the bacteria produce those substances which poison the system.

The important thing, then, in those diseases which are the result of intestinal decomposition, is to furnish food which will contain a minimum amount of nitrogenous matter, which will contain in itself little or no bacterial life, and which will tend to retard the growth of micro-organisms. Such a food we have in ripe, sound fruits, as we shall show in our next paper.

#### LEMON JUICE.

DR. LASER, of the Hygienic Institute of Königsberg, draws attention to the power which lemon juice has in destroying the diphtheria bacillus. He testifies that he tried it in fifteen cases of acute diphtheria, and eighty other cases of throat disease, and that only one of these proved fatal. The lemon juice must be diluted when used as a gargle, but slices of lemon may also be given to the patient to masticate when he is able to do so. But the pulp should be rejected.

— LOVE labor; for if thou dost not want it for food, thou mayest for physic. It is wholesome for thy body, and good for thy mind. It prevents the fruits of idleness, which many times come of nothing to do, and lead too many to do what is worse than nothing.—*Penn.*

You can help your fellow-men. You must help your fellow-men. But the best way you can help them is by being the noblest and the best man that it is possible for you to be.—*Phillips Brooks.*

# Health Seeds.

BY DAVID PAULSON, M. D.

THE most essential requisites for health are pure air, pure diet partaken of in proper quantity, pure water, exercise, and a conscience void of offense toward God and man. When the individual secures these there is scarcely any disease germs that can possibly secure a foothold in the system, for such an individual would be in the same condition practically from a physical standpoint as Christ was,—when Satan came to Him, he found nothing in Him.

## VENTILATION.

The dwelling-house should have pure air circulating through it both winter and summer, even if it costs a little more for fuel. It will cost less money to secure the necessary fuel than to buy coffins for the children who have died because they have been deprived of it.

## DIET.

Proper diet can easily be secured if the underlying principles are carefully studied. Bear in mind that all kinds of bread, whether they be in the form of the ordinary loaf, rolls, sticks, or crackers, when they are *thoroughly* toasted until they are browned from center to circumference are thereby rendered much more digestible. It is cheaper to let the cook-stove do part of the digesting than to use nerve energy for same. Fruit in abundance, provided it is not too sour or contains too much sugar, and free from the coarsest fibers, is beneficial to health. Nuts as secured in the market, if thoroughly masticated or if thoroughly crushed in the form of the various nut preparations, are valuable both because they contain a rich supply of albumen and natural fat, and are free from disease of all kinds. The legumes,

or peas, beans, and lentils, are highly nutritious when properly cooked. Vegetables can not especially be recommended for food value, but may be used for the sake of variety or bulk when fruit is not readily obtainable.

## WATER.

Water, when it can not be secured from the flinty rock as the children of Israel had it, thus insuring its purity, should be sterilized, as the same reason that makes water so valuable to carry off poisons from the system renders it an easy medium for absorbing the various poisons with which it comes in contact.

## EXERCISE.

The Lord made no mistake when He told Adam to earn his bread by the sweat of his brow. It is becoming exceedingly popular to get sweats in any way but by working; nevertheless, the person who wishes to maintain the brilliancy of the eye, the clearness of the skin, and that vigor which is characteristic of youth, must take an abundance of out-of-door exercise every day, not as a task, but thanking God for the infinite privilege of so doing.

## MENTAL CONDITION.

Last, but not least, the man who appreciates that God is holding nothing against him, either spiritually or physically, that his sins are forgiven, that every promise in the Bible is yea and amen to him, can go about his work feeling that this earth is not a dungeon, but that it is indeed an entrance to a higher and better life, of which we are to have a foretaste here below.

# Germ or Defective Nutrition.

BY A. J. SANDERSON, M. D.

IT has been quite popular, in the last decade, to consider germs as a causal factor in nearly all common diseases, and, consequently, both preventive and curative treatments are based largely on this supposition. Antiseptics and germicides abound as remedies, while the fear and dread of germs is constantly making many lives miserable in their laborious effort to avoid the presence of the tiny creatures. The real truth, however, concerning the origin of the germ and origin of disease, can not by any means be considered as definitely known. There are many pathologists at the present time who even doubt that tubercular bacilli are the first prime cause in consumption, although in this disease, during some of its stages, there are always to be found armies of tubercular germs. But whether they precede the disease, attacking the apparently healthy tissues, or whether they flock to the diseased tissues as the vulture to the carcass, is a question that can yet be studied. That the germs are there we have no doubt, but it is equally true that diseased and dying tissue of every kind, both in the animal and the vegetable world, always abound with some special class of bacteria. The germ did not kill, but it began to feed upon the tissue as soon as the vital processes of life were

quenched, so that molecular death could progress. We do not, by these suggestions, wish to discount in any way or lay aside sanitary regulations which are essential to keep in abeyance the germ inhabitants of the world; but we would emphasize, along with the effort to avoid exposure to contagious and epidemic diseases, the necessity of looking well after the nutrition of the body, and by proper feeding and proper living keep the general health as good as possible. Perfectly healthy tissues and germs have no affinity for each other, and if a battle occurs between them, the well-nourished tissue will come out victorious even if it has to eat the germ in order to get rid of it. How many bacteria a white blood corpuscle is able to take with impunity is unknown, but they have been seen to devour several and remain unharmed; and even if the blood-cell should eat too many and get the worst of the fight, nature has ways of giving the faithful warrior a natural cremation, and carrying off the residue in such a perfect way that even this accident need not infect the system. The resources that a healthy organism has in resisting disease are better than all the sanitary regulations of the most careful scientist, and if you want to keep well you must live well.

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## Scriptural Comment on Rational Treatment.

BY DAVID PAULSON, M. D.

JER. 6:14: "They have healed also the hurt of the daughter of My people slightly, saying, Peace, peace; when there is no peace." That is the kind of treat-

ment that is quite popular in this world to-day, to heal the people slightly and make them feel good when they are not well. I will use a familiar illustration,

but it has the principles of truth in it. Suppose I put my hand on a hot stove; it is burned, and the result is pain. Now there is a way whereby I could heal that slightly and yet allow my hand to remain. I might take an anæsthetic and blunt the nerves so that I would not feel that pain for a time. But the true system of treatment is a treatment that has in it the removal of the cause. Just so long as you continue the cause you will have the effects.

To illustrate more clearly, suppose my hand on the stove represents a habit that results in worry and pain to the body. I am not anxious to have the habit taken away; perhaps, as so many plead, it is considered fashionable; or I have acquired it when I was a child and find it difficult to remove. How can I have peace and yet have no real peace? I can go to my doctor and he will tell me to quit the habit or remove my hand from the stove, but I do not like this and say I am going to change doctors, for that doctor can not give me peace. And I find one that is willing to treat me so that I can have freedom from pain and yet continue to violate nature's law. He just benumbs those nerves by putting a little morphine here and a little cocaine there, and then I can leave my hand right there and yet have peace. This is a simple illustration, but it contains a fundamental principle. Now I have shown how I can keep my hand there and have peace, yet the burn would be extending deeper, and to relieve the increasing pain I would have to take a larger dose of morphine, and I say,

"What a good doctor he is; for it was not five minutes after I took his medicine until I *felt* better!" Yet it is healing "the hurt of the daughter of my people slightly, saying, Peace, peace; when there is no peace."

Let us now take a practical illustration: Suppose a man works all day long, taking no time for his meals, taking no time for rest; a weariness is sent upon him. What is that weariness sent for?—To warn him that he needs rest, but he does not happen to *want* to take rest, and he goes to the doctor and says to him: "Oh, I just feel miserable; I feel all run down. Can't you give me some tonic that will help me?" and he says: "Oh, yes, I can help you right out of that!" So he heals his hurt slightly and gives him a dose of nuxvomica, or possibly he will advise a cup of hot, strong coffee. He knows that this will deaden his nerves and cause him to lose that tired feeling. If I leave my hand on the hot stove, the burn will be getting deeper and deeper, and the arm will finally disappear, even if I have smothered the pain, and then will any one say that it was a mysterious dispensation of providence? But this man will go on taking these things for his feelings of weariness until he will wear out and drop into the grave; then some will say, "Oh, that was a mysterious dispensation of Providence!" It was not any more mysterious than the other. The fundamental cure for that weariness is rest, and then see if he does not need more nourishing food; see if he is eating the proper kind of food to give him strength.

THE blood is the vehicle of nutrition. It is at once apparent that it should circulate freely and not be obstructed, in order that the proper nourishment of all parts may be secured.

A VEGETABLE diet for rheumatism.

IF a large basketful of charcoal be placed in a damp cellar where milk is kept, there will be no danger of it becoming tainted.

It is a bad plan to leave the light burning in a sleeping-room overnight.

## Man's Present Condition. No. 2.

BY B. F. RICHARDS.

THE effects from overeating can be plainly seen everywhere,—hollow-eyed and pale faces. We are particularly careful in feeding that noble animal, the horse, for we have learned from experience that by overfeeding him we cause him to founder, and destroy his further usefulness; but we do not seem to understand that the same violation of law relating to the beast applies to man. One is as easily overfed as the other, and the same violation that injures the one, cripples the other.

Our health and strength depend on the food we digest, and not on the amount we eat, and we are more often called to suffer from overeating than from not eating enough. When man was first made, He who created him understood his nature perfectly, for He made the material from which the body of man is composed. He also made the food that would sustain him, and keep his body in perfect repair. "To you it shall be for meat," are the words of the Lord, and as long as the man continued to obey his Creator, that food nourished and blessed him with good health for eight or nine hundred years; and when he began departing from the plain, simple *menu* originally provided, a marked degeneracy and decline became noticeable, until to-day that man who was once so long-lived, runs his race in the remarkably short space of an average of twenty-nine years, and even with this brief breathing spell, as it were, his days are full of trouble, and his body racked with pain.

The sin of this age is overeating and gluttony, and the crop reaped from this sowing is indigestion, dyspepsia, rheumatism, consumption, and other diseases, which cut short the life. We are not

satisfied with the bountiful harvest of fruits, grains, and nuts, that the earth brings forth, but we slay and devour the innocent animals and birds, that have become diseased, and, in return, they slay us. "Whatsoever a man soweth, that shall he also reap;" also, "With what measure ye mete, it shall be measured to you again;" and again, "Thou shalt *not* kill." So if we kill, we must not complain when the killing process begins with us. Flesh, fish, and fowl everywhere are diseased, and in a dying condition long before the butcher puts an end to their suffering. By eating that flesh we inoculate our bodies with that same death-producing disease.

"Let us make man in Our image, after Our likeness," are the words of God, as He was about to mould and fashion the higher order of the animal creation; and as man came fresh from the hands of his Maker, he was at peace with the whole animal creation, and the thought of cruelty and killing found no place in his mind.

The thought that in order to be strong we are obliged to eat largely of flesh foods has been satisfactorily and conclusively demonstrated over and over again to be an error. The writer has given the flesh-eating diet a fair trial, covering a period of forty years of his life, and during this time he was, on several occasions, brought in close proximity to the grave; then, when he saw that life, which was so sweet to him, was like a burning candle, fast going out, he began looking in every direction for something to keep him alive. The discovery was made that the flesh of the animal on which he depended for strength was a counterfeit, and lurking within its cells were diseases that thrived and increased on the nourishment re-

ceived from his body, while he was left a mere skeleton, to get along as he could. But for nearly eight years the writer has abandoned the use of flesh as his food, and he has become perfectly well, and is fully fifteen years younger in feeling than he was eight years ago.

Strength comes to us through the grains, fruits, and nuts, the same as it does to the horse or the ox. In speaking of strength Dr. Graham, in his lectures, says: "The slaves of Brazil are a very strong and robust class of men, and of temperate habits. Their food consists of rice, fruits, and bread of coarse flour, and farrenia root. They endure great hardships, and carry enormous burdens on their heads a distance of from a quarter of a mile to a mile without resting. It is a common thing to see them in droves or companies, moving on at a brisk trot, stimulated by the sound of a bell in the hands of a

leader, and each man bearing upon his head a bag of coffee weighing a hundred and eighty pounds, apparently as if it were a light burden. They also carry barrels of flour, and even barrels of beef and pork, upon their heads. They are seldom known to have a fever, or any other sickness. The Kongo slaves of Rio Janeiro subsist on vegetable food, and are among the finest-looking men in the world. They are six feet high, and very well proportioned, and remarkably athletic. The laborers of Laguira eat no flesh, and are an uncommonly healthy and hardy race. A single man will take a barrel of beef or pork on his shoulders, and walk with it from the landing to the custom-house, which is situated upon the top of a hill, the ascent of which is too steep for carriages. Their soldiers, likewise, subsist on vegetable food, and are remarkably fine-looking men."

## Water.

BY G. H. HEALD.

[The reader is assured that this is not a dry subject—whatever this article may prove to be.]

WHEN it is understood that nearly three-fourths of the body is composed of water, and that there is not a chemical or physical process of the body which takes place without the aid of water, it will be plain why water is so important a factor in our lives.

Perhaps it may seem odd to compare ourselves to turtles or oysters; but a careful examination of the minute structures of the body will reveal the fact that the human body is a mass composed largely of living matter encased in a layer, more or less thick, of dead matter; for the outer layers of the skin are horny in nature and have no life in them. All the interior or living tissues are surrounded

by water—bathed in a stream of running water. One has said, "All organisms live in water." No cell of the animal body, or of plant life, can perform its functions except it be immersed in water. It is through the agency of water that it is enabled to absorb food elements and to excrete waste elements. It is this agency that enables it to carry on its functions of growth and reproduction. Secretion, digestion, respiration, and circulation, would be impossible without water. It is the most abundant element in our foods and in our excretions.

There is life in a seed (a grain of wheat, for instance) with a minimum of water. There is a certain amount of water even

in the dry seed. Take this out by any process whatever, and the life of the seed is extinct. But with this minimum of water, growth is impossible. The seed needs moisture before it can sprout.

The farmer knows that there must be a certain amount of water around the roots of his plants, in order that the mineral matter may be dissolved which the plant needs for its growth and sustenance.

The water in the body acts not only as a medium of circulation, carrying nutrition to all parts of the body, but the purer it is, the greater its capacity for dissolving certain products of the body; and the greater the amount of water that is passed through the body, the more rapid this clearing out of waste products.

It is therefore of great importance that the water be pure. It should not contain large amounts of mineral matter. Hard water which is rich in mineral salts, alkaline waters, and other mineral waters, carry into the blood current quantities of mineral matter which must be gotten rid of, and which throw extra work on the kidneys. The best water for all purposes is pure soft water.

Far more dangerous than mineral matter is the organic matter which often gets into drinking water, the product of the decay of plant or animal life—perhaps the result of too close proximity to a cesspool or privy vault; but from whatever source it may come, organic impurity in water is exceedingly dangerous.

Water may be clear, sparkling, and cold, and still be the hiding-place of deadly germs. Typhoid fever, cholera, and perhaps some other diseases are contracted more often through the drinking water than in any other way.

It may seem troublesome to make an examination of water in order to determine its fitness or unfitness for use; but it is far less troublesome than is a case of

typhoid fever in the house. There are certain rules which are of general application in the use of water:—

Surface water—or water from shallow wells—is always suspicious if there be a vault or cesspool near by, unless it be deep, well driven through an impervious stratum, and surrounded by a pipe to prevent the surface flow from seeping into the well. Spring water, especially springs situated on the hillside, and artesian water, are usually safe.

Rain water comes down with considerable impurities from the air and roof of the house, especially in the first part of the storm. If such water be used for drinking it should not be collected until the rain has progressed for some time, say an hour or two. Even then more or less organic matter will have found its way into the cistern, and there undergoes decomposition, often giving the water a bad odor.

Water having an odor or bad taste should be rejected as unfit for use.

River water, when the river has not passed by cities and towns, is probably safer than surface well water; but it is not entirely safe. Still it is often necessary for cities to get their supply from such a source. In all cases of doubt it is better to purify the water by boiling, or by filtering. Boiling throws down part of the mineral matter and destroys the disease germs, but does not take out the poisonous products of the disease germs, if such be present.

Filtration is a dangerous process unless the filter be cleansed every few days. The writer has found far more germs in water just out of a modern filter than from a hydrant close to it. After a few days' use, filters become a breeding-place for germs. The best filters are those which have a porcelain thimble which can be taken out and baked every few days. Such filters are comparatively safe.

# A Tribute to the Value of Fruit.

BY DAVID PAULSON, M. D.

“I HAVE been reading your articles with no little interest. So if you will bear with me I will give you a little of my history, which I think quite necessary to fully understand my case.

“In 1861, at the age of ten years, I was laid up with typhoid fever for three months. After recovering from it I began to have rheumatism, which gradually grew on me as I grew older. The winter and spring months were my worst time for suffering. As I grew older I gradually saw that it seemed to work on my nervous system. In the early summer of 1891 I began to grow alarmingly worse, and being advised by friends to try this and that I lost confidence in all, and felt that I would as soon die as live.

“For some time I had thought if I could try the Pacific Coast climate it might help me. When I went to board the through train I was so bad I could hardly get into the car alone.

“When I got to my new home the early fruits were ripening, and if it had been the forbidden fruit I must have laid hold of it, for I felt such a hungering for fruit which I can not describe. The first fruit to devour was our famous peach plums, of great size and of such juicy and fine flavor. I thought I could never get enough of them.

“Now for results: from almost the day I arrived, June, 1891, to January 15, 1899, I have not felt the first symptom of the old disease. I have been in all kinds of changeable weather, encountered severe storms in the mountains, been chilled through from wearing wet clothing in the mountains, and I have yet to feel the first pain. I have been an extreme eater of all kinds of fruits in their season. Now, then, to what shall I attribute this wonderful cure? The Pacific Coast has

plenty of rheumatism. I travel a great deal over a large territory. With all people I find in this grand fruit-producing country, a fruit diet is not much thought of. Time after time I sit to the table of the people and I can't discover a particle of fruit.

“Of course I do not set my case up as a criterion for any one to go by, but I am a staunch believer in fruit entering largely into the regular diet.

“If there is anything in this letter which might be a benefit to suffering humanity, you are at liberty to publish it.

“G. A. H.”

You certainly had a very striking experience. The utility of a fruit diet has been dawning upon our minds during the last few years more than ever before.

If you have followed what has appeared in all our HEALTH JOURNALS, you will notice that this has been emphasized very thoroughly. There are two principal reasons why fruit diet helped you to such a wonderful extent. Dr. Haig, an eminent physician in London, as well as other great authorities, has practically settled the question that rheumatism is due to the excess of uric acid in the blood. This is normally made in the system to limited extent every day, but in most individuals this is taken into the system in large quantities in the form of the waste products in meat, also the active principles in tea and coffee, and this is little by little heaped up in the system, the blood never being allowed, on account of the stimulating diet, to become sufficiently alkaline to dissolve and carry it off.

If a man is peculiarly susceptible to this trouble, even though he may not be living upon a diet which directly introduces it into the system, his blood may still remain

acid enough so as to continually be heaping up a part of even what he naturally produces; but the acids in the fruit, shortly after they get into the system, combine with the salt in the blood, so as to become alkaline, and a person who makes use of a large amount of fruit is sure to reduce the acidity of his blood. So all this poison will dissolve out of his system. But that is not all the benefit; this kind of diet at the same time starves the germs of fermentation and putrefaction in his alimentary canal, and so cuts off supply of one kind of poison from this source, and while it helps to eliminate poison of another kind, that is heaped up in the tissue.

During the last few years the researches of eminent investigators, as well as the experiments made in our own laboratory

here at the sanitarium, have made this subject so plain that it is a pity that the people at large do not understand it more thoroughly. Of course I would not advocate an exclusive fruit dietary, as it would not secure the necessary strength, but there is scarcely a case of biliousness, extremely coated tongue, that can not be helped speedily out of the trouble by eating nothing but fruit four times a day for a week, or even less.

A well-known writer has said, "Good, ripe fruit is a thing for which we should thank the Lord, for it is beneficial to health." I know many people do not appreciate the value of fruit, and feed it largely to the cattle, while they themselves practically eat the husk, and some consume the corpses of those very animals, and consider it a luxury.

#### HIGH FEEDING AS A CAUSE OF INCREASED CANCER MORTALITY.

IN connection with the facts that in England the proportionate mortality from cancer now is four and a half times greater than it was half a century ago, and that no other disease can show anything like such an immense increase, W. Roger Williams, F. R. C. S. (*Lancet*), says: "Probably no single factor is more potent in determining the outbreak of cancer in the predisposed than high feeding. There can be no doubt that the greed for food manifested by modern communities is altogether out of proportion to their present requirements. Many indications point to the gluttonous consumption of meat, which is such a characteristic feature of this age, as likely to be especially harmful in this respect. Statistics show that the consumption of meat has for many years been increasing by leaps and bounds, till it now has reached the amazing total of 131 pounds per head per year, which is more than

double what it was half a century ago, when the conditions of life were more compatible with high feeding. When excessive quantities of such highly stimulating forms of nutriment are ingested by persons whose cellular metabolism is defective, it seems probable that there may thus be excited in those parts of the body where vital processes are still active such excessive and disorderly cellular proliferation as may eventuate in cancer. No doubt other factors cooperate, and among these I should be especially inclined to name deficient exercise and probably also deficiency in fresh vegetable food."

LET young men make themselves ready for positions of trust, and they will be called to their position at the right time. God's clock is never too slow.—*J. R. Miller.*

THE greatest success is achieved by those who always do their best instead of reserving it for future occasions.

## Instinct and Reason.

MAN is the only creature which God has endowed with the superior and well-developed faculty of reason. By this it was evidently designed that man should be guided in natural channels, that we should have dominion both over ourselves and over the living things in the world around us. Human life should be dominated with such intelligent pursuits that the dwelling-place of men should have some resemblance to the architecture of heaven, the same as our bodies were formed and designed to bear a likeness of the divine. Yet we find the intellect of men often leads them wrong, and instead of coinciding with natural instincts it becomes a perverter of the proper tendencies. This is seen in nearly every phase of life, and results in the great differences seen between man and man.

Probably nowhere is this degeneracy more noticeable than in the matter of diet. The animal, not capable of reasoning, seldom departs from the diet nature provides for its class. In this matter it is entirely controlled by instinct, which is an inherent function of the mind. Upon this point a celebrated German physician remarks:—

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THE makers of a pill for constipation have contracted to give two Chicago daily papers \$26,000 for advertising space to be used this year. As a rule, the surest way to produce constipation is to take cathartic pills.

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ACCORDING to the testimony given before the court by the manager, the beef extract made by Armour & Co. contains no nutriment.

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EVERY reform was once a private opinion.—*Emerson.*

“We observe that the chick is no sooner out of the egg than it picks the grain that lies on the ground. How can this be explained without the supposition of the existence of an organ analogous to that which prompts the duckling scarcely out of its shell, to plunge into the water? Nor can we conceive, on any other supposition, how the new-born animal can discriminate what is and what is not useful for its nutrition. The chick never mistakes gravel for grain, and the wild beast needs not to taste poisonous plants to learn to avoid them.”

The cow or horse is found to be more rational in diet than many individuals. To them instinct is a better guide than reason is to man. There are few animals that fail to select the food that will be the most readily digested and assimilated, yet with all the boasted reason of mankind there is often taken into the human stomach the most unwholesome and indigestible foods. Both reason and instinct are dethroned, and the menu is made up of what is most convenient or that which happens to appeal to the perverted taste or wrongly educated conception of food.

S.

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As all matter is composed of atoms, so is life composed of opportunities; and the best life is that one in which fewest of the component parts are lost.

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IN feeding sick children three errors are likely to be made,—feeding too often, too much, and food that is too rich.

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MANY a man has missed a good thing waiting for something better.

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AN inch of rain means one hundred tons of water on every acre.

## On the Combination of Foods.

BY G. H. HEALD, M. D.

IN order that our readers may appreciate the value of tables giving the protein excess and deficiency, as appeared in the last issue of the HEALTH JOURNAL, the writer gives herewith a sample menu taken at random from a prominent book on healthful cookery:—

### BREAKFAST.

	Ex. PRO.	Defi. PRO.	Calories.
Oranges, 6 oz.....	.....	126	60
Oatmeal, 7 oz.....	147	.....	161
Cream, 4 oz.....	.....	531	227
Fruit toast, 1 slice...	.....	136	209
4 rolls.....	.....	216	240
1 slice graham bread	6	.....	88
Baked apples, 4 oz.	.....	176	60
	153	1,185	1,045

The fruits are all deficient in protein, and the grains, as a rule, are deficient in protein or have only a slight protein excess. Cream, having a great deficiency of protein, should therefore not be used with grain and fruit dietary unless something is given to make up the deficiency in protein. A nut cream containing 2 ounces of nut butter, given in place of cream, would give a protein excess of 306 in place of a deficiency of 531, making up 807 of the 1,032 protein deficiency. Leaving off the baked apples, would take off 176 more from the protein deficiency, making a practically-balanced dietary, and the number of calories would be about the same.

The meal as changed would be:—

	Ex. PRO.	Defi. PRO.	Calories
Oranges.....	.....	126	60
Oatmeal.....	147	.....	161
Nut cream.....	306	.....	320
Fruit toast.....	.....	136	209
4 rolls.....	.....	216	240
1 slice graham bread	6	.....	.....
	459	478	990

This is a fairly-balanced dietary. Adding to it three slices of graham bread would make the totals, excess protein 477, deficient protein 478, 1,254 calories. This would be perfectly balanced, and the fuel value would be more in accordance with the needs of the ordinary individual.

It is well to remember that shortened foods, like rolls, sweetened foods, and foods containing cream or oil, must be combined with foods containing an excess of nitrogen, such as skim milk, milk, cottage cheese, almonds, peanuts, and the nut foods, especially those containing no malt.

The mixing of two parts by weight of nut butter with one part of honey thinned with water as desired, contains the food elements in proper proportion; and a lunch made up of graham bread, spread with such a mixture, would be a perfect food so far as the proportion of nitrogen and carbon is concerned. Such a mixture is, I think, agreeable to most palates, and is far superior to the time-honored "bread and butter and syrup," which is very deficient in protein. Persons on a meat and egg diet might find a place for foods containing a deficiency of proteins; but the vegetarian menu should contain very little food so excessively carbonaceous (— protein) as corn starch, tapioca, honey, butter, cream, unless counterbalanced by some highly nitrogenous (+ protein) food.

Walnuts and raisins, it will be seen from the table, are not so good a combination as almonds and raisins, as walnuts and raisins both contain a deficiency of protein, whereas almonds contain a small excess of protein.

Beans, peas, and lentils, on account of an excess of nitrogen, are excellent to

combine with highly carbonaceous foods (— protein), but for other reasons than the food value, they unfortunately often “disagree” with fruits. Were it not for this fact the legumes would be excellent combined with the fruits and starchy grains.

The only recourse, then, in the vegetable line, seems to be the nut foods, which seem to “agree” with all other foods, so far as digestibility is concerned, and at the same time furnish a very much needed supply of nitrogen in an excellent form.

## Children's Rights.

BY MRS. HELEN RAYMOND WELLS.

I WOULD name, first of all, the right of being welcome. If you have ever for the briefest time been condemned to be even apparently an unwelcome guest, you may form some idea of the unhappy disadvantage in which an unwished-for child enters life, and of the cloud that must darken all his days, if not embitter them.

A sound mind in a healthy body with good moral impetus is also a birthright to be secured to each child by intelligent thought and study of prenatal influences. If a mother indulges herself in every caprice of appetite or inclination, or in moody, violent tempers, pays no regard to the laws of health or to the rights and comforts of others, she can not reasonably expect her child to be born with a strong constitution, a sweet temper, and happy, considerate disposition. If by taking thought we can not add one cubit to our stature, we may somewhat to our children's and greatly to our children's children.

The child's right of environment includes such conditions as procure proper moral, mental, and physical development, the natural unfolding of faculties, the restraining of wrong tendencies, and the training of right motives. They have a right not to be dwarfed, or hampered, or bent, or broken by ignorant, injudicious, or unkind treatment; a right not to have their lives warped, or soured, or darkened by impure, uncongenial, or unhealthful

surroundings. They have a right to an intelligent provision for their physical care and growth; to the activity that strengthens the muscles, and the diet and dress that secure health and comfort; to the intelligence that protects their sexual functions.

Because these things are quickly enumerated does not mean that the ability to provide them is readily acquired. Indeed, it means great patience, perseverance, tact, skill, time, and study on the part of the parents.

Children have a right to beauty, cheerfulness, kindness, and gentleness. They have a right to freedom from care, worry, teasing; a right to individual tastes; a right to be well guided in matters pertaining to their relation with others.

It is a common error to interpret rights as riot, and liberty as license. If children really have all their rights, that will include deference to their elders. When through neglect or overindulgence a child is allowed to grow rude, disrespectful, disobedient, or in any way disagreeable, his rights are being infringed upon, for it is every child's right to make himself loved.

The child's right to consideration is very commonly ignored. To count their talk simply chatter, or to answer their questions in a heedless, indifferent way, is to lose the opportunity of studying the workings of the child's mind, of guiding his questions into right channels, and,

most of all, of winning his full confidence. Lack of consideration is shown in ignoring children's hopes and fears. We can never know how many hours of thought and purpose go into their hopes before they venture to give them expression, neither can we fathom their fears except by remembering our own childish agony resulting from some bugaboo held over us as a restraint. Children have a right to be courageous, and will be if their fears are understood, rightly met, and occasion for them avoided.

They have a right not only to considerate notice, but also to a judicious amount of letting alone. They are not here to gratify our pride, or to furnish us entertainment.

Children have a right to play, to a playtime, and a place, to playthings out-of-doors and in. It is the right of our children to have beautiful school buildings, properly situated, ventilated, furnished, and lighted; to have large playgrounds, with plenty of room for good blood-stirring games, besides pretty swards with shrubbery and flowers. They have a right to such teachers as are able and disposed to make individual child study a basis for instruction and to second the parents' endeavor to maintain the child's health, curb his faults, and encourage his right tendencies.

They have a right to joyousness, to innocent fun and frolic. We have no right to check or spoil their enthusiasm or spontaneity because we know they can not last. I know one mother who deliberately planned to have her children disappointed at least once a day, that they might early be inured to the inevitable. Another went to the opposite extreme, exempting her children from every duty, saying: "They will have cares enough later. They shall be perfectly free so long as I can do everything for them and get them everything they want." Other

mothers I have known who cultivated cheerful, amiable, altruistic dispositions in themselves and in their children, meeting pecuniary reverses with such a spirit as taught them that happiness does not consist in houses, lands, and moneys, and coming into possession of wealth in a way to show that its possessors are responsible for their own intrinsic worth and their neighbor's welfare, deeming it their mission to make life bright and beautiful, even in sorest affliction, keeping cheerful for the sake of the living. One mother I know who sent floral offerings to the church on the Sabbath nearest the sad anniversaries of the death of her husband and child, instead of to the cemetery, and from the church they were sent to the invalids of the congregation. Such a mother helps her children to learn kindness and goodness, besides securing for them the right of unclouded youthfulness. Through this harmony in which she holds them and herself she secures their sympathy and affection, and her example sinks into their lives with its influence for unselfishness, love, true sympathy, and Christian character.

Children have a right to the very best that is thought or written in story or song.

They have a right to a will, a way, a method, a purpose, a plan, an opinion, so long as these do not stand in the way of the rights of others. Our study should, therefore, be not so much to control the child as to teach him self-control, out of which shall come all the best qualities of mind and heart.

The crowning right of the child's environment is love—a right to love and be loved; a love pure and strong and deep enough to reach down to the lowly and lift up the fallen; free and generous and broad enough to reach out both hands to friends and associates as to brothers and neighbors; a love high and holy enough to reach up to God.—*New Crusade*.

## Conversation.

THE following is taken from a recent number of the *Review and Herald*, from an article written on "Good Form," by Mrs. S. M. I. Henry. The instruction relative to the teaching of children in this line, also the advice as to table conversation, are so practical that this abstract of the article will be found highly suggestive:—

"How to converse so as to win and not wound, to both give and gain, is an accomplishment which has come very near passing into the list of lost arts. Sixty years ago the rule for children was that they 'should be seen and not heard,' so that a child's talk was almost unknown in company of adults. This was so wrong that it has reacted in a sort of wild freedom upon the part of children, which is often intolerable, and which, uncorrected, always develops into the adult chatterbox, gossip, and disputant. Bad habits of conversation are very hard to break. Begin with the baby, therefore, that the child may grow up into correct forms of speech, and into that regard of all good form which shall give him at once not only the ears, but also the hearts, of the people. Do not use slang. The social world would ostracize one whose language was punctuated with much slang. An oath would be more tolerable to polite ears.

"Teach the child that he must listen, when any other child is speaking, until he has finished; for as he does by the child with whom he plays to-day, so will he, as a man, do by other men. Teach him never to interrupt; or, if it is necessary for any purpose to break into any one's words, to give some information that can not wait, always say, 'I beg your pardon,

but [for instance], Mary, I hear your mother is calling you;' or, 'Willie, if you please, I did not say it just that way;' or, 'Was it not on Wednesday instead of Tuesday?' Any interruption simply for getting in a word of his own should never be indulged. Teach him to wait patiently for a fair chance to speak, no matter how great may be the temptation to 'thrust in his oar.'

"Teach him to avoid all abrupt forms of expression, such as, 'Give me that!' 'Don't!' 'Stop!' 'Quit!' 'Get out!' 'You shan't!' 'I won't!' If he never hears such phrases at home, he will not be likely to use them; but if he should, a few little experiences, such as he would certainly meet as a man upon entering the social world, with the adult equivalents of these words, would teach him that they are very unprofitable. Let him find out that he can get nothing in that way, and he will begin intuitively to cultivate his tongue to acceptable speech.

It is not good form to talk at table about the physical organs, or the processes of digestion, unless some especial occasion should require, and then it should be by the most delicate allusions. The mention of any form of disease, or of death, would be considered exceedingly bad form; also any malodorous topic of any sort. Table conversation should be such as to inspire to every good feeling—appetizing, promotive of good fellowship, comradeship, faith, hope—optimistic in every sense of the word. The children should be taught that no complaints or grievances are ever to be mentioned there, because such things always have a tendency to destroy relish for food, and retard the process of digestion. A chronic grumbler at the table will threaten a whole family with dyspepsia.

## Relation between Mind and Body.

BY A. J. SANDERSON, M. D.

THE student is taught two theories relative to beauty: First, that it exists in the object; second, that it exists in the mind. Each theory has its earnest advocates, and many facts are given in support of the truthfulness of each. Without doubt the real truth is found in a union of the two. There is no beauty except to the mind which is trained to behold beauty; and, on the other hand, there can be none except the flower or structure which is the object, contain the elements which compose beauty. The external object is a growth of nature, while the internal or mental conception is also the development of a physical power. The keenest conception of beauty is within the mind which is trained to picture most effectually and permanently qualities of that upon which the eye is gazing, much the same as the likeness of an individual is portrayed by means of photography. Thus beauty may continue, though the object be lost.

This illustration is typical of a similar relation which exists between the brain of the individual and his body, or between the mind and what are commonly considered as our physical organs. Everything which transpires or acts, either in our functions or in our organs, also transpires and acts in the mind centers which exist within the brain.

Every action produces a result in the tissue used. In fact, there is a double registration of everything which happens to the individual, even to the thoughts that quietly go on within himself. As a muscle develops by exercise, so the nerve cells that command the exercise develop in equal proportion. As the sense of smell becomes delicate by those who cultivate its function, so the nerve cen-

ters which give rise to smell are equally developed.

The functions of the body are capable of almost unlimited growth and maturity. We do not realize how delicate or wonderful our functions are, except in rare instances. A person who is blind is enabled to read by the mere sense of touch. At the present time, people who are deaf and dumb learn to talk merely by watching the face and lips of others. People who have made a special study of talking by watching the lips, are able to understand what is said without the function of the ears, even as effectually as those who have an acute sense of hearing. A person so trained may be in a room watching the lips of hundreds of individuals who may be out of hearing distance, and yet can tell what any one of them is saying. This power of speech is developed not only by the training of the lips and the eye, but the nerve centers in the brain are equally developed and trained. All the functions and work of life and occupation are thus carried on as much through the action on the cells of the brain as they are by use of the organs. In fact, there are many reasons for believing that the brain cell is the originator of the act, while the hand, muscle, or organ, is the agent of execution. A person's handwriting is characteristic not merely of muscular training of the hand, but of the development of the writing centers in the brain, which act according to the influence made upon them by what they see and hear and think.

The body is the servant of the mind, or at least that which exists within the skull is designed to be the head over the body. But there should be the closest mutual relation. The body was not made

to be the slave of the mind, although we often find it bearing this relation, and thus the body becomes diseased in following out the mandates of a passionate, morbid mind.

We count the known diseases of the body by the hundreds, while those of the mind are mostly summed up in the various forms of insanity. But should we analyze the various powers and functions of the mind the same as we do the body, we would find no less numerous the unnatural and morbid conditions. These should be reckoned and treated as disease as much as dyspepsia or nervous prostration, as they are as harmful to the welfare of the individual.

Disease breeds disease, and we believe that these unobserved morbid conditions of the mind lay the foundations of many similar conditions of the body. As we have shown above that the action of the nerve centers coincides with or precedes the action of the body, in its normal state, so the same is true in diseased conditions. And in treating disease, the wise physician must necessarily consider, in some cases, whether the prime cause lies in the body or in the mind. Likewise, rational life is balanced not only by proper recognition and training of the various parts of the body, but the maintenance of a sound mind is of equal if not greater importance.

#### THE GARVANZA AS A HEALTH FOOD.

BY E. L. PAULDING.

I HAVE never seen an article in any of the health journals relative to the use of the chick pea or garbonza (Spanish), so wish to give my experience with it.

The "Encyclopedia Britannica," under the head of "gram," or chick pea, puts the total nutritive value of it as very high. Besides a good percentage of starch, it gives the nitrogenous food value as twenty-two per cent, and fat or oil as four per cent.

It is a food that is used very much in some oriental countries. When I was a boy, roaming the hills and valleys of the head-waters of the Abana, whose waters Naaman said were "better than all the waters of Israel," I used to see quite extensive fields of them. They were a common food of the people. They ate them green as we do sweet peas, and they also used them parched. They par-boiled them until tender, then salted them, and parched them somewhat as we parch corn. A Syrian girl pedler, who recently spent a day or two at our

house, called up old tastes, and old memories of those dear old days in the mountains of anti-Lebanon, by giving me some of these same "hummus," as they called them.

I have made several experiments with them, and find them not only nutritious and digestible, but a delicious addition to our bill of fare. We cook them much as we do split peas, soaking overnight, and cooking several hours, rubbing through a colander to remove the tough skins. They are fine made into soup with the addition of milk or cream. They are also as good or better boiled down somewhat dry and then rubbed through a colander and baked. The addition of nuts, or nut meal, makes them still more tasty and delicious. Try them.

Here in California they are used largely as a substitute for coffee by the native Californians. They are raised and sold principally as an adulterant for ground coffee, I am told, the bulk of California's product being sent to New York for that purpose. They might be used in cereal coffee with good advantage, no doubt.

*Arroyo Grande, Cal., Feb. 13, 1899.*

## SUGGESTIONS FOR SMOKERS.

IN an editorial of one of the recent numbers of *Modern Medicine* there were a number of suggestions that smokers would do well to follow. A part of these are given by an eminent German physician, Dr. Scholar, and published in one of the German health monthlies. His advise is given with especial reference to the effect of the habit upon the mouth, teeth, stomach, lungs, and skin. The rules he formulates are as follows:—

"1. Never smoke before breakfast.

"2. Never smoke when the stomach is empty, since smoking with an empty stomach is 'the worst possible foe of digestion.'

"3. Never smoke during great muscular exertion, such as running, bicycle riding, mountain climbing, rowing, and especially when engaged in a contest.

"4. Never allow the smoke to pass out through the nose.

"5. Rinse out the mouth several times a day, especially before eating and before going to bed. Gargle the throat at night, and wash the teeth. The pipe's proper place is in the hand, and only occasionally in the lips or mouth."

To these quotations were added as many rules of equal importance:—

"6. Never inhale the smoke through the mouth.

"7. Always immerse the pipe in a basin of water just before placing it to the lips.

"8. Carry the pipe in the hand all the time; never place it in the mouth; or—

"9. Smash the pipe and throw it in the ash-box.

"10. Burn the tobacco in the greenhouse to kill the green flies—the only really useful purpose which it can serve."

DETROIT is placarded not to spit on the sidewalks or in street-cars.

## BUYING A PAPER.

"HERE, boy, let me have a paper."

"Can't."

"Why not? You've got them. I heard you crying them loud enough to be heard to the City Hall."

"Yes, but that was down t'other block, ye know, where I hollered."

"What does that matter? Come, now, no fooling; hand me a paper, in a hurry."

"Couldn't sell you a paper on this here block, mister, 'cos' it b'longs to Limpy. He's jest up the furdest end now. You'll meet him."

"And who is Limpy? and why does he have this block?"

"'Cos' us other kids agreed to let him have it. Ye see, it's a good run on 'count of the officers all along, and the poor chap is that lame he can't git around lively like the rest of us, so we agreed that the first one caught sellin' on his beat should be thrashed. See?"

"Yes, I do see. So you have a sort of brotherhood among yourselves?"

"Well, we're a-goin' to look out for a little cove what's lame, anyhow."

"There comes Limpy now. He's a fortunate boy to have such friends."

The gentleman bought two papers of him, and went on his way down town wondering how many men in business would refuse to sell their wares in order to give a weak, halting brother a chance in the field.—*Ex.*

## LIVING IN THE COUNTRY.

NOTHING in the world can keep a man or woman so young and fresh as to be able to be in touch each day with the perpetual freshness and youth of nature. Suburban life means more out-of-door living, and that is what we Americans all need. We want more exercise, and suburban living makes that easier. We want our interest in things kept fresh, and that

nature does for us as nothing else can. The more our busy men see of nature's restful ways the more restful will they become. The closer we keep our children to the soil, the healthier will they be physically, and the stronger will they develop mentally. The more our girls breathe in the pure air which God intended for all, but which man in the cities pollutes, the better women we shall have, the fewer worried mothers we shall see. The more our young men see of outdoor sports the more clearly will they realize the greatness of splendid physical health. The more the tired housewife sees of flowers and plants and trees, the closer will become her interest in all things natural and simple; and as she sees the simplicity with which nature works, unconsciously will the lesson be forced upon her and enter into her own methods. We all agree that there is no teacher like nature herself. Let us all, then, get as close to her as possible. Whatever she teaches is wholesome to the mind, uplifting to the soul, and strengthening to the body. In the very act of studying her wonderful ways there is health.—*Ladies' Home Journal*.

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#### LITERARY NOTICES.

"WHY I AM A VEGETARIAN," is a little booklet that has recently come to our table and is a reprint of a lecture given by the author, J. Howard Moore, to the Chicago Vegetarian Society. The author portrays very vividly the relation which we as rational beings sustain to the whole animal creation, if we viewed it in a sensitive light, such as we would if we had never been educated to live upon flesh meats. He also gives many interesting experiences leading to his own adoption of stated principles. Every one should read it. The book is published by Francis L. Deussenberry, McVicker's Building, Chicago. Price, 25 cents.

*The New Crusade* has assumed its permanent new dress, coming out in large form with the production of articles which are still more interesting and practicable. We have published in full the article on "Children's Rights," in this number. This journal should be in the home of every family.

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Published Monthly for the

California Medical Missionary and Benevolent Association

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