

PACIFIC HEALTH JOURNAL.

A Sound Mind in a Sound Body.

VOL. XIV.

MAY, 1899.

No. 5.

Mind Feeding. No. 2.

PICTURES.

BY MRS. ADELAIDE MORAN.

THE earliest form of writing was by means of pictures. Men early recognized the power in pictures to convey thought. While we no longer use them for chirography, yet they are utilized in many ways to make vivid impressions. Books of all kinds are full of illustrations; houses are decorated with these works of art; and every square foot of available space along roadways is covered with flaming posters. It is the object of this article to discuss briefly the influence of pictures upon the mind and in the development of character.

A collection of good pictures is valuable to every home. They assist in cultivating a taste for the beautiful. Picture-books for the children are both entertaining and instructive. The child mind can grasp the thought represented in a picture when words will convey no impression whatever.

Pictures produced by the brush, or by any of the methods of the time, are not representations of form only, but of character, which can not but become apparent to the beholder. So long as noble thoughts and impulses are the artist's theme, the influence of his work will be good. But when base thoughts

and unholy desires are uppermost, his work had better be kept in darkness.

Much talent is being utilized to attract public attention to various things. If a theatrical performance is to be advertised, the most blood-curdling or the most sentimental scene is selected to be displayed in gaudy colors along our streets. If a new brand of cigar is placed upon the market, it is heralded by pictures of women who have lost their virtue, and who assume such costumes and postures as encourage sensuality. If a dastardly crime has been committed, it is pictured with minute details in the *Police News*, daily papers, etc. All this is said to be done because the people like it and because it "draws." If the people of to-day demand such things, what can be expected of the coming generation, who have hardly had an opportunity to avoid them? Children of tender years become familiar with evil such as gray hairs of fifty years ago never knew. But this is not all. Photographs of lewd women are displayed both in public and private, and they do not fail to accomplish evil.

Another, in writing upon this subject, said: "Impure pictures have a corrupting influence. In the cars, photographs

of females in a state of nudity are frequently circulated for sale. These disgusting pictures are also found in saloons, and are hung upon the walls of those who deal in engravings. This is an age when corruption is teeming everywhere. The lust of the eye and corrupt passions are aroused by beholding. The heart is corrupted through the imagination. The mind takes pleasure in contemplating scenes which awaken the lower and baser passions. These vile images, seen through defiled imagination, corrupt the morals and prepare the deluded, infatuated beings to give loose rein to lustful passions. Then follow sins and crimes which drag beings formed in the image of God down to a level with the beasts, sinking them at last in perdition."

Seeing things which suggest impure thoughts should be avoided. Cultivate the moral and intellectual powers, and let them not be perverted and enfeebled by sin. Public sentiment should frown down these vile things, that they be not exhibited or distributed in any way.

There is a brighter side in the consideration of this subject. Pictures hold a commendable place in educational power. There are many paintings that have had a part in developing intellect and character. They are valuable to

instruct regarding people and their habits. They create aspirations for purity, for beauty, for great achievements. A photograph of an absent friend may arouse tender memories and recall loving advice. Cowper celebrates the receipt of his mother's picture by a poem, and calls a blessing upon the art which can preserve so accurately:—

"Those lips are thine—thine own sweet smile I see,

The same that oft in childhood solaced me;
Voice only fails, else how distinct they say,
Grieve not, my child; chase all thy fears away.

The meek intelligence of those dear eyes
(Blest be the art that can immortalize,
The art that baffles time's tyrannic claim
To quench it!) here shines on me still the same,

Faithful remembrancer of one so dear."

A beautiful picture, like sweet music, uplifts the soul, brings tender thoughts and holy desires. But pictures of impurity can create impure thoughts only. A river can rise no higher than its source, neither can impure pictures produce better impressions than the impurity itself. The mind is fed through the eye and developed toward good or evil according to what is seen. "By beholding we become changed."

The Fruit Cure. No. 3.

BY G. H. HEALD, M. D.

REFERENCE was made in a former paper to the fact that nitrogenous foods furnish the material from which bacteria produce those compounds which have such deleterious effects on the system. With a digestive system which is unable to rid itself of its living foe, what can be done to assist nature?

First, resort can be had to chemical antiseptics or germicides. These are in a degree beneficial, but they, after prolonged use, have an injurious effect on the gastro-intestinal walls, as well as upon the system generally.

Second, the stomach can be frequently washed, and this is often a

valuable remedy, especially in those cases where the stomach has lost power to empty itself; but stomach washing, or lavage, is only a temporary expedient at best. Much of the food must be removed before it is absorbed, and therefore is a loss to the system. Again, the stomach will learn to rely on the stomach tube, and will finally cease emptying itself entirely.

Third, part of the nitrogenous food might be replaced by starchy food; but starchy food is digested with more or less difficulty in the stomach unless it has been partly digested before entering the stomach. Again, starches and sugars, when taken in large quantity into the stomach of weak resistant powers, are likely to be attacked by micro-organisms, with the production of acids and gases; so that a person who on a meat diet may have been suffering from headaches and other symptoms not directly traceable to the stomach, may, on changing to a grain diet, especially a mush diet, find that his food gives him sour stomach, heart-burn, gas, and other stomach symptoms. Such a patient will say, "Doctor, before I began dieting, I never used to have stomach trouble, and now I have it all the time."

Fourth, the starvation plan may be resorted to. That is, the patient may be ordered to fast for a number of days. While with vigorous patients this would do no particular harm, and perhaps would correct the condition of auto-intoxication present, the patients themselves would probably enter a protest and go to some other physician; for it matters not how poor an appetite a patient may have or claim to have, he will nearly always object strongly to a diet consisting only of hot water.

Fifth, the patient may be put on a fruit dietary. This, in one sense, is a starvation diet; for while the stomach can

be filled sufficiently to satisfy the patient, there will not be a large amount in the way of nutrition present.

The nutrition is largely in the form of carbo-hydrates, there being a comparatively small amount of nitrogen present. The nutritive material is in a digested form ready for absorption, thus reducing the work of the stomach to a minimum. The fruit acids have a restraining action on the growth of germs. Good fruits are usually accepted by the most fastidious patients.

Thus, by a strict fruit diet, the nitrogenous food is almost nil; the carbonaceous food is reduced to a minimum, and quickly absorbed; the germs present are restricted in their growth, the system has opportunity to eliminate the toxins; and, while the patient is getting rid of his coated tongue, bad breath, headache, and other symptoms, he does not feel that he is being starved.

One of the most common ailments is a "bilious attack." The cause is usually referred to the liver; but the liver is not the offender, except in the fact that it can not get rid of the poisons, which are being thrown into the system as fast as they are made in the stomach and intestines. One of the functions of the liver is to destroy the poisons of the body, and it does its work well within certain limits; but when the blood current receives a lot of the poisonous products of intestinal decomposition, the liver is not equal to the task, and the evidence of self-poisoning is evident in the sallow complexion, furred tongue, bad breath, and a host of concomitant symptoms. A bilious attack is simply a case of poisoning, resulting from the action of microbes on nitrogenous foods. The fruit diet is the cure. It may be well to begin by thoroughly washing the stomach by means of the stomach tube, and unload-

ing the colon, by means of a full enema repeated two or three times.

When one has been on a strict fruit diet for a few days, the diet should be modified in one of the following ways: One meal daily should consist of fruit, or

one day every week should be given to a strict fruit diet, or fruit should form an important part of every meal.

The next paper will consider the use of fruit in diseases of the intestinal tract.

Enjoyment and Pleasure.

HAPPINESS is the one thing in life sought for above all others, yet many of the efforts to attain it leave the seeker further from its possession than when his first efforts reached out for its distant, shadowy form, not recognizing that the real image should have been first discovered in his own natural self.

Rafford Pyke has aptly set forth the simplicity of these graces in the following extracts taken from his article in the *New York Times*:—

"The surest enjoyment is the simplest, and it is given only to the simplest and most straightforward natures. As soon as any one begins to analyze a pleasure or an emotion, it vanishes away, just as when a woman begins to judge and be reasonable, she ceases to love. It reminds one of the story of the painter who set out to execute a masterpiece, a painting that should be the crowning effort of a great career. He painted and painted, and threw his whole soul into his work; he dreamed of it all night, and he brooded over it all day. There was nothing else in his life; his heart was centered in it; a passion for perfection mastered his whole being. When it was finished, he was still dissatisfied, and kept it on his easel that he might retouch it and erase what failed to please him, and then repaint the part; and this he set before him as an almost endless task, scraping his canvas and

renewing his colors, adding a tint here and a shade there, until at last one day his friends came to his studio and found upon the canvas nothing but an indistinguishable blur of color, over which the painter himself stood brooding with a fatuous delight, for he had become a raving maniac.

"It is so with pleasure. As the desire for it grows more intense, the capacity for it dwindles and decays, since the overstimulated senses and emotions destroy the physical equilibrium, and the result is disappointment, depression, and, in the end, despair. Balzac, himself, in his own life, as in his works, was an illustration of the truth of his own theory. He developed all the hedonistic faculties to the uttermost, looking forward with a passionate eagerness to the moment when he should at last enter into the full enjoyment of the two things to which his whole existence had been dedicated, one of which was fame, and the other love; and when both were well within his grasp, he found that they had come too late, and that his astonishing vitality had been sacrificed to their attainment. And within him the revelation was on the one hand tragic, and on the other hand merciful; for almost in the moment of his disillusion death closed his eyes, and gave to him the rest that love and ambition and the joy of life had so persistently withheld."

The Way to Seek Health.

BY DAVID PAULSON, M. D.

PAIN is simply the awakened physical conscience. It is felt only after there has been some violation of nature's laws, and can not be cured by anodyne, although such a measure might give temporary relief.

I have seen patients come under treatment and continue a right kind of diet until they would get to feeling better and when once relieved of their suffering they would go to the restaurant and eat various indigestible things until their stomachs would again rebel and become sour and filthy. I recall one such case who a few months ago came to his physician one night and said: "I have such an awful pain in my stomach! Can't you give me some morphine to relieve it?" Upon being asked what he had eaten, he said, "I had some clams, shell-fish, and oysters, but, doctor, can't you give me some morphine to stop this awful pain?" The physician then secured a stomach tube and siphoned the food from the stomach, which was found to be in an advanced stage of decomposition. When he had washed the stomach, the pain was gone. This was curing him rightly not slightly. The true essence of the right cure always means the removal of the cause. There can be no effect without a cause, and the man who is sick has certainly been under certain conditions and influences that have been a factor in creating his present condition. It is our duty to first find out the cause, although this may at first be hard to discover.

We always look upon the patient who comes for treatment as being in some way an offender against nature's laws, and we begin to inquire whether he has done

this or that. Persistent searching will usually enable one to find the element which has been the cause. When this has been discovered, it is for the patient to remove it, but sometimes instead of gladly yielding himself to the obedience of nature's laws, the individual goes away sorrowful, like the young man who came to Christ.

Nature cures as soon as she has a chance. To illustrate: If I have a spiral spring and hold it down with my foot and I want it to spring up, I must take my foot off and it will rebound; but if I keep my foot on it and still say, "Why does it not rebound?" I am like the individual who holds his foot on nature and repeatedly inquires why he does not get well.

You commence to tell people that they must give up tobacco, tea, and other harmful things, and they will begin to say: "O doctor, do you think that has anything to do with my disease? Do you really think that hurts me?" I recently had a young man, who was in the habit of smoking, say, "Why, doctor, I know that this can not hurt me, for I only smoke one cigar a day now, and I know men who smoke a dozen a day and it does not hurt them!" I told him that they might do that now, but after the nervous system is shattered it is a different matter. This same young man, before his nerves gave way, could write three hundred letters a day, and now he can not write one without it making him sick.

If any man is trampling on nature, nothing permanent can be done for him until he removes his foot.

Reconstruction.

BY A. J. SANDERSON, M. D.

"**B**EHOLD I make all things new," is the expression which the divine revelator gives to us, as he beheld the method with which God renews those things which have been destroyed by sin and disease. While this language applies evidently to the time of complete redemption, yet as far as God works He always makes new or makes perfect, and the only difference between the perfection that may be now experienced and that which will be manifest in the perfect future is that our sin and poor conception of the nature of God limits His operation.

Everything in the world at the present time is growing old. Time marks its age upon every creature and upon every structure. Error, wrong, and sin lead to death. Sickness, disease, and accident also operate to prematurely destroy. Much of the effort in human life is used to counteract the effect of age and disease. All are looking for the fountain of youth, or at least for health, which springs from it. We often seek and plan in vain, because we seek not at the right fountain. The best effort of man to make new is incomplete. He may have an old building, and with a liberal use of paint and new material, he may rearrange and cover the old structure so that it looks like a new building, and yet it is still old, and the newness is mostly in appearance. The divine method of reconstruction is simply recreative.

These operations of God are constantly going on; although we observe it not. The human body is known to undergo a complete change in a comparatively short time. Physiologists tell us that every seven years we have an entirely new body.

Many parts of our organism undergo changes every few months, as is observed when, by accident, a nail is pulled from the finger or the hair is cut from the head. The new growth is perfect and comes about in a few weeks. The growing of a new nail upon the finger is just as frequent when the old one is not torn away, and the change of tissue in this locality is not more marked than it is in other places. All the tissues of the body are constantly being renewed, some faster and some slower. This renewing is what preserves energy and enables the mature life of the aged to still live and serve with reserved vitality. The forces which operate to reconstruct the wearing tissue also act to reorganize diseased conditions of the body. They are sufficient to cure all curable diseases, and will do so when conditions are favorable for them to act. Thus we often see persons who have been near death's doorway because of pneumonia, typhoid fever, and other serious diseases, in a few weeks become as strong and well as before. The diseased lungs or intestines that were so severely inflamed, and tissues that were so filled with the poison from the diseased process, have all been cleansed and made over new. Nature has a wonderful power to cure disease, and if the individual will co-operate with her, or, in other words, does not place obstructions in her way, he may expect great results. The disease is not cured by putting on a new exterior, but the diseased tissue itself is reorganized and made to take on new material and new form after the nature of the original growth.

A New Remedy for Constipation.

BY G. H. HEALD, M. D.

CONSTIPATION is frequently due to changes in the function of the lower bowel, by means of which the fluid part of the feces is absorbed with too great rapidity, leaving the fecal matter unnaturally dry, and difficult to propel along the intestine. This condition may be greatly ameliorated by the use of enemas of oil, so given that the oil reaches every part of the colon.

If there are impactions of fecal matter low down, they must be first removed. This is best accomplished by injecting a mixture of olive-oil and ox gall, this being, so far as known, the best solvent of fecal matter. A few ounces of this mixture may be introduced, and the process repeated at intervals of one hour until the mass is softened, when it can be removed by an ordinary enema.

The oil enema is given by means of a long, flexible tube, which can be inserted into the bowel for about a foot. These tubes, similar in appearance to the end of a stomach tube, may be obtained from a

druggist, or a dealer in rubber goods, or from the Sanitarium. The tube is attached to the end of a fountain syringe, and inserted carefully the full length of the tube and the oil gradually allowed to run in by gravity, while the patient lies on the left side with hips raised on pillows. After lying in this position for ten minutes, the patient turns over on his back for ten minutes, the hips being still raised, and then for ten minutes on the right side, after which he may go about his usual occupation. This process carries the oil around the entire colon, and so oils the surface of the bowel that the rapid absorption of fluid from the fecal matter is prevented, and the feces pass down in a more fluid state, the lubrication of the passage assisting in the process.

One enema of this kind, especially when supplemented by kneading of the bowels, and by exercise bringing the abdominal muscles into play, will often give free daily movements of the bowels for a week or more.

Simplicity in Diet.

BY A. J. SANDERSON.

THE greatest things in the world are of the simplest origin. Simple principles lie at the foundation of everything successfully undertaken by men. We recognize this principle when we undertake to perform work, or carry on business, or organize and conduct a society; yet when it comes to the important matter of feeding the body, we are often inconsistent.

Chemical elements which compose the

tissues are but few in number. The classes of food which supply these chemical elements are only three or four, yet the combination with which we undertake to supply this material is often complex and incompatible. This error comes about by falsely educated taste and custom. The supplies of nature for the food of man are very abundant and variable, but this does not indicate that they should all be mixed together in one dish, or in

several dishes, and placed at the same time in the human stomach. Probably no one practise is so deleterious to the welfare of the digestive organs or lies at the foundation of so much dyspepsia and poor nutrition. Nature combines the food in the most perfect way and most natural order, and it takes but a very few articles or rightly combined foods to make a perfect meal, which is a requisite to good digestion. Nature requires that a baby live upon milk, which to it is a perfect food. If the infant is so fortunate as to have parents that will allow it to continue this natural diet, it will usually thrive. After the child has developed teeth, it is prepared to partake of stronger

food because of the growth and development of the teeth and different parts of the digestive organs. It no longer need confine itself to one liquid food, but is prepared to take solid food such as nature provides. Its taste is simple and quite easily satisfied, and when rightly educated, will not have abnormal cravings. Continuation of a simple diet with few combinations of food will cause the digestive organs to be naturally and fully developed, and nutrition to remain perfect. Many people who have grown prematurely old and dyspeptic will never enjoy good health until they go back to a child-like simplicity in the manner of eating.

Perishable Quality of Meat, and Its Cost.

THE long-continued investigation made by the commissioners appointed to ascertain the nature of the meat supplies to the soldiers in Cuba, has done much to educate the public on the defective quality of a food which has been wrongly supposed to be the mainstay in the diet of the English and American people, and especially as to the use of the canned and preserved products that are placed on the markets by the great packing-houses. Not only were many of the soldiers poisoned by the use of the meat, but hundreds of tons became so bad before it was delivered that it was not accepted by the officers of the army. That which was canned was claimed by the packers to be of the same quality as that sold elsewhere and consumed by the people.

The perishable character of meat when exposed to heat and moisture indicates, to some degree, the harmful changes which may take place in the alimentary canal, where a large quantity of meat is

eaten, and where digestion is long delayed by diseased or weak condition of the digestive organs.

One interesting fact that was made public by the discussion was the non-nutritious character of beef extracts. Armour's agent testified to this; and when he was referred to their advertisement that claimed for this extract a nutritive value he replied, "That is not one of our recent ones."

A prominent journal publishes an estimate that the value of meat spoiled was \$235,000. It must be admitted that as a food, meat is the most expensive. Commenting on this point the *New York Sun* says: "Animal flesh is the most costly, and, as we see, the most perishable kind of nutriment for the human frame. To produce a given quantity of it, ten times the quantity of other equally nutritious substances must pass through the stomach of the animal, and be subjected to a process that requires a year or more. In the rearing and fattening of bees and swine there is consumed an amount of grass and grain that, in their original form, possess vastly more nutritious power."

The Tobacco Habit and Immorality.

IT is a pleasant experience to meet at the present day professional men who have a just appreciation of the many evils that come to be associated with the everywhere common custom of smoking tobacco. The following article is an abstract taken from a paper read before a meeting of the alumni of the Medical Department of the University of Pennsylvania, and very aptly sets forth much concerning the baneful consequences of this pernicious habit:—

“It is only necessary to consult a dictionary to learn that ‘morality implies the quality of an intention, a character, an action, a principle, or a sentiment when tried by the standard of right; the practise of the moral and social duties, or the duties of men in their social relations;’ that in theology, ‘morality has reference to man’s duty toward himself, his fellow-men and God,’ and that ‘vice’ is defined variously as ‘something that mars, a blemish, an unworthy or undesirable habit,’ and as the habitual gratification of a debasing appetite.

“We shall consider the tobacco habit first in relation to his better nature and suppression of what is base.

“In this connection you will allow me to draw your attention for a moment to the quality of discontent, so important a factor in the moral, religious, social, and physical development of the race. . . . We may say, beneficent discontent; the originator of reform; the mother of science, literature, and art; the maker of beauty; the divine cause to which we are indebted for the amenities of social intercourse and all the buoyant exhilarations of modern life. Our country and national constitution are due to the influence of this thoughtlessly regretted possession. But for it Luther would have remained a

monk; freedom of speech, tolerance in religion, rights of private judgment, liberty of conscience, would have been unknown; the Declaration of Independence unwritten. Without it we either retrograde or stand still; with it advancement is sure. The naked savage is content with his bed of leaves.

“You will agree with me, therefore, that anything diminishing without adequate return, this progress-evoking quality, is morally wrong. If Columbus had been content with the map of Europe, he would never have added to it. If our forefathers had been content with the injustice of an alien land, they would never have declared themselves free. Asia was conquered by Athens, Athens by Rome, and the civilization of beyond the sea has been transmitted to us because of the discontent of the men who had come before. If early man had been content with clay huts and worship in the exposed wilderness, we would not have known the glory of the Parthenon or the stately grace of the Cathedral of Milan. It was discontent that invented the spade, the harrow, the plow. It created the locomotive, replaced the galleon by the steamer, the postilion by the telephone. The studiousness of the scholar, the ardor of the poet, the sacrifice of the patriot, the fire of the hero, and the rapture of the saint, are all due to the presence of rest-preventing discontent; and yet so oblivious are we of its value as a means of conquest and development, that instead of having it instigate to the removal of obstacles, like our elders, to secure their opposite, we merely aim to destroy it with a drug; we put an enemy in our mouth to steal it away, and thousands of young men, as a consequence, under the spell of its artificially-induced

calm, fail in the race of life as the great world with its struggles and aspirations moves on. West Point rejects them, Oberlin does, and many of the better colleges would like to refuse them. Success does not attend them; arrested development is their portion. But what care they? Like the Lotophagi in the Homeric legend, they have eaten of the enchanted

fruit and are content to live in effortless idleness in Lotusland. This, then, is the testimony of educators—presidents of colleges, the higher schools and military academies—not only here, but throughout the world, in reference to students who fail.”

(To be continued.)

Moderate Drinking and Heredity.

THE following incident was told by Dr. Gardiner, of Napa, in his interesting lecture on the important subject of heredity, recently given in San Francisco. The picture is a very common one, and aptly illustrates the folly of thinking that because effect does not immediately follow cause, man can escape the evil that must follow the transgression of a natural law. A strong man may possibly resist the immediate effect, yet it is sure to come, even though it be delayed to the third and fourth generation.

“In conversation with a gentleman not long ago, the question of using alcoholic stimulants was discussed. He maintained that the moderate use of stimulants for many years in succession would injure no person, and offered himself as an example as to the truthfulness of his statements. He is a large man, straight as an arrow, and, as far as external appearances are concerned, the very picture of health. According to his own statement, he had used alcoholic stimulants in a moderate way for at least forty years. His argument seemed to be unanswerable. I had known the gentleman and his family for years, in fact, known them as only the physician can know those who need his services during the time of sickness, sorrow, and trouble. I said to him: ‘As far as your general appearance enables

me to judge, it would seem that you have the better of the argument; but, pardon me, you have a son to whom you have extended every advantage; since his birth he has been surrounded by all those influences which in themselves are ennobling and tend to produce a useful and honorable manhood; still this boy, through his wild, vicious, and unmanly actions, has broken his mother’s heart, and caused you the one deep sorrow of your life.’

“‘Yes; but what has this to do with my use of alcoholic stimulants?’

“‘Wait a moment,’ I replied; ‘you have a daughter who is now upon the borderland of insanity, and if, by skilful treatment, this unhappy condition is averted, still her life as well as your own will be filled by one endless round of dark forebodings, anxiety, and suffering. But wait still another moment; you have another daughter who is to all intents and purposes an imbecile.’

“‘Doctor, do you mean to say that these unhappy and afflicted children owe in the least their miserable condition to my moderate habit of drink?’

“‘Think about it,’ I replied; ‘we will not discuss the subject at any great length. By referring to my note-books I could place before you many other cases of a like nature, but these must suffice for the present.’”

A Plea for the Speechless.

MR. EDITOR: The writer has of late been perambulating the United States. He has visited various localities and observed the customs of the people. He has mingled with them in their home life. He has eaten at their tables. He has held converse at their firesides. He has journeyed with them to town and kirk in carriage or sleigh. He has noted with pleasure the fond love and sweet expressions of affection between husband and wife, parents and children, brothers and sisters. He has noted with pain the affectionless, loveless homes. O, how cherished love will beautify, and bless, and glorify a home!

The writer has seen a thing which hurt him more, which brings sadder feelings, than loveless homes, and that is the course pursued by affectionate, doting parents toward their tender offspring in the matter of care and feeding. The unwholesome food improperly served at unreasonable times we care little about *if* the parents administer it to themselves. Religious liberty is the right of every one who has reached mature age.

The cause of the pain which the writer has felt and still feels, Mr. Editor, is that the unwholesome food is fed at improper times and quantities to poor, weak, helpless, speechless infants, and the poor, innocent things suffer tortures thereby.

Here is a typical case: A sweet baby boy just taking his first few steps; the first pearly teeth looking through the sweet rosebud mouth; the skin naturally as soft and fair as the peach-cheek bloom; the arched eyebrows and long, slightly drooping lashes, the shapely head, as beautiful as artist ever painted; eyes like the pools of Heshbon, whose crystal depths of blackness can not be fathomed—these, with all the artless graces

common to children of a year old, complete the picture.

The writer saw such a child in a humble but comfortable home. When he entered, the worrying child was eating a piece of unwholesome sweet-cake. The poor little stomach, inflamed by such diet in the past, pained the little fellow, and the cake was no sooner eaten than he was moaning and crying, with such griefed, pitiful cries. To stop this the child was given weak tea. For a little while the stomach was alleviated, and then the cry of pain began again. Then followed copious drinks of cold water. Then a cookie was offered, which the child sensibly refused. After a season of change and bouncing, more water was given, and the child was induced to eat half of the cookie. This was followed by more inflammation, more pain, more crying, and to allay it a dose of strong peppermint tea was given him to drink. In a little while the worrying and grieving began again. "Where was this?"—Never mind, inquisitive mother. Let the state and county and town and school district and parents and child be nameless. Look to it that the child is not found in your home.

The above is called a typical case. It is perhaps worse than the average, but there are many like it. What wonder that many children grieve and pine and die!

"Speechless?"—No, not speechless. The cry of pain and fever is not "crossness." The restless arms, the writhing body, the dark rings under the eyes, the hunted look in their innocent depths, all plead eloquently with the writer, and we see and hear them still. O, such treatment is kindly cruel!

"Why not correct it?" you ask. Yes,

why not? The writer endeavored so to do, but seemingly without effect. He left the home pained at heart, and is pained still over the sweet, pitiful face of that poor, suffering babe. And this is one; there is legion.

Mr. Editor, write on; instruct the

mothers; preach the gospel of health and life for the little ones, whether the parents will hear or whether they will forbear; and may you enlighten many loving, well-meaning, but cruelly-ignorant parents.

ELCNU NOTLIM.

Invalid Children.

BY ELIZABETH GRINNELL.

IF the healthy, happy, romping, bustling-with-fun child needs care, scarcely less does the sick, peevish, feverish, wasteful child need care. By care I do not mean the giving of medicine, and the bathing and dressing, and the sunning, and the hundred things which it is the duty of the nurse to look after. I mean a subtle, out-of-sight care, a tact on the part of attendants, an ingenious letting-alone sort of care which is not too common.

A sick child needs most of all to forget itself. Little need in these days of the clinical thermometer, and the "feeling of the pulse," and "the understanding of facial expression," to be always quizzing an invalid as to "how he feels," if "the pain has gone," if he "is better now," if anything hurts him," or, "Don't you feel able to sit up?"

An intelligent nurse or mother can answer all these questions for herself without a word. To be put in mind of one's pain is as bad as the pain. Any one who has been sick knows there are intervals of unself-consciousness, when the thought is fixed upon some pleasant theme. Suddenly some solicitous friend interrupts the interlude, and of course the pain is back. I would ask few if any questions in regard to his condition, were I attending a sick child. Every word and

every act of the sick chamber should be with a view of banishing self-consciousness. I would not even ask if the invalid is hungry. If it is time that he should eat, I would tempt with the sight of food. "Spring the suggestion" on him, and surprise the failing appetite. If questioned, the appetite does not always answer.

As to medicine, I dislike to hear the nurse say, "Now, darling, won't you take your medicine?" with a quaver of possible doubt in the voice. "Here is your medicine," is better. Taste is surprised, and preference in the matter has no time to assert itself. If medicine is to be taken, there should never be an interrogation in the tone of the nurse.

There is danger of a sick child being made selfish by its attendants. Teach him to think of others, and to make as little trouble for willing feet and hands as possible. The child will be the happier and have a better "getting up," morally. Give the invalid something to do with his hands—corn on the cob to shell, buttons to string, a stick to whittle. If he is really weak, do not suggest that he count the kernels or the buttons, or make any particular figure with the stick or the knife. Many a child invalid has been made more ill by mental strain which in itself is simple. Something to do which

employs the eye and not the hand is good—a fresh picture now and then pinned at a convenient distance from the sight. The merrier the picture the better. Birds, insects, and animals to think about give pleasure and occupation without strain. The art of keeping a happy face in the room of an invalid child is difficult to possess, especially if the nurse is the mother. And a happy tone is yet more difficult.

To rehearse a child's symptoms before the invalid itself is to do a very dreadful thing. In a short time the child will "show off" its aches and pains for the benefit of strangers or members of its family. It will be taught that its sickness is very interesting, and learn to exaggerate in an innocent way for the entertainment of friends. How many of us have met invalid women who proceed at once to relate the story of the "operations" they have undergone, and the great variety of diseases that have fallen into their peculiar lot. Better to teach the child that illness is often nature's punishment for

sins or neglect of her laws, and that the culprit who is suffering should be more ashamed and sorry than proud. At the best, illness of any sort is a misfortune and should not be even discussed with complaisance. And yet illness may be a great teacher if the patient have a wise nurse. Hearty resolves as to what good things one will do when one gets well are beneficial, and hasten to recovery. Even a little child's mind may be led to expand in the sick-room, as a plant grows in a small box under a glass.

A little invalid may cultivate nervousness by the suggestion of its nurse. "Does noise hurt your head, dear?" "Does it make you feel worse when the train goes by?" Better to say, "How nice it is to hear the engine whistle!" or, "What a funny racket those children are making out in the street!" As soon as a child is able, let him go for water and books and playthings. Remember that the sick room is a school-room in which are learned the lessons that shall govern afterward.—*New Crusade.*

Ways of Getting Well.

BY DAVID PAULSON, M. D.

WHILE there are about sixteen hundred different diseases listed, there are only a few ways of becoming sick. And one more important truth: there are only a few ways of becoming well. Imagine a big barn that had sixteen hundred stalls in it, and ten doors led into these stalls and ten doors led out. All the cattle that came in had to pass through these ten doors and distribute themselves around in the sixteen hundred stalls, going out at the other ten doors. So with disease. There are about sixteen hundred ways of being

sick, but just a few ways you can get sick, and just a few ways whereby you can get well. If you want to save people who have gotten into disease you will have to show them the few doors through which they can pass and become well. For those who are well you must warn them to avoid the few doors of disease.

A plant will become sick and die by removing from it air, water, and earth, or sunshine. A helpless child will become sick when deprived of some of these same things. Put it in a dark tenement house without proper air and sunshine, and it will

soon fade and die. Some of the tenement houses in New York are so dimly lighted that the inmates have to burn a candle during the entire day. The windows are so situated that the center of the house has almost no light at all. I have seen families living in these places, where the father was lying sick, and the mother trying to sew by the dim candle-light. Perhaps about the only other furniture you would see would be an old cook stove with a coffee pot on it. Here the children are kept nearly all the time, for fear they will be run over by the street-cars. Is it any wonder that they grow up sickly and pale, if they live at all?

What is another thing the sick man needs?—Plenty of good fresh water. Some people have the idea that in sickness, or in many diseases, at least,

they must not give the patient any water to drink. I do not know of any disease where it should hurt the patient to give him good, pure water, and in hundreds of cases it would do a great deal of good, as it aids to cleanse the system of impurities.

Another thing that is necessary for the life and growth of this plant is proper food—earth. If I was to put this plant in a bed of cobblestones, would it grow? A great many people are filling their stomachs with stuff more useless than cobblestones, for they would neither ferment nor decay. Do you wonder at the misery, disease, and crime that follow the violation of nature's laws? Right eating, proper exercise, right dressing, and proper ventilation of houses, are some of the things upon which we want to get people to become intelligent.

Physiognomy.

WE quote this article from a small work entitled "Build Well," written by Dr. C. A. Green. A clear picture of how the human life is shaped and formed by the individual living that has preceded it, is portrayed with the vividness that is characteristic of the valuable work of the author, which she has written in the interests of individual and home life:—

"To watch a group of forms and faces in the chapels of our prisons and penitentiaries, our houses of correction, or schools of reform, is a most absorbing study. In the higher schools for the education of our children, in our colleges and universities, the same lessons are before you. In our workshops and great manufacturing, you will see the same living entablature of character and being. Here, as everywhere, God is 'no respecter of persons;' causes and results have their

unvarying sequences. Anger, hate, revenge, and their kindred feelings, leave upon the muscles of the face and of the body their unmistakable imprint. Fear, apprehension, terror, stamp their gradations of expression in face and form. Deceit and low cunning write their sure records. Idleness, improvidence, and recklessness have their peculiar insignia. Leering lasciviousness and abandoned debauchery display their patent signs of degradation. Assumed *sang froid*, or the most graceful amenity of manner, can not hide the artist work wrought out by the soul's carving upon the mobile structures of its beautiful but fragile earthly dwelling, the body. It matters not whether the hand be soiled with labor or white with idleness, whether the clothing be of the poorest or most elegant fabrics, the same habits of spiritual or physical action bring

to each individual the same results. By the study of those secret forces of choice and will which chisel into indestructible forms the souls of men, deciding now and eternally individual destiny, art and medical science are led to their perfected office. Were all men able to read the living records written in form and feature, movement and bearing, the results of the heart's cherished thoughts and decisions molding the body, illuminating the face, or clouding its light, each line would tell

them of the precise action of soul and body which produced it. This marvelous shaping power, working in each human life, so generally unthought of, should be the first practical study in every home. There is no enduring worth, possessed or transmitted, but that which is wrought out by personal right thinking and acting; and this must ever determine the true standing of man, families, and nations, and their physical, intellectual, and moral elevation."

The Old Doctor's Advice.

THE old doctor took a holiday last winter, and went to New York to visit Perry, one of his college classmates. "There are only we two gray-headed old fellows left of all the boys," he said, before he started from the village. "Perry is a very successful man. He gave up business two years ago, and now occupies himself with church and charitable work. It will be a pleasure to meet him, for we shall have plenty of time for talking over the old days."

The doctor gave two days to his visit. Mr. Perry was eager in his welcome, meeting him at the train. "I must ask you," he said, when they were seated in the coupé, "to stop an hour at a temperance conference. I am chairman, and I must be there."

The conference over, they drove home; but one or two committees on civic reform and Armenian relief were waiting for Mr. Perry.

"Come into my study," he said to the doctor. "You'll be interested in these great movements, I'm sure."

The doctor sat listening in silence. There could be no doubt of Mr. Perry's interest. He spoke with a feverish energy on every point as it arose. When

the men had gone, he carried the subjects that had been under discussion to the luncheon table, talking incessantly of the need of "immediate action, increasing action," on the part of Christians in divers great efforts now being made. In the afternoon the doctor hoped for a quiet talk or drive out in the park.

"There's nothing I'd like more," said Perry, "but I never find time for a quiet, idle hour; and as for the trees and sky, I've almost forgotten what they look like. I have reports of two hospitals, of which I am manager, to audit this afternoon, and to-night I speak at the Men's Christian Conference. You will come with me?"

The second day passed like the first. The doctor noted his friend's lean, twitching features, his dry lips, his restless glance, his irritable voice.

"When do you rest?" he asked.

"The fact is, I don't rest," said Mr. Perry. "When I go to bed, my brain is so busy I can't sleep. But what can I do? The world is perishing. It needs a Christian effort, and when I went into the work a dozen new ways opened before me every day. I'm not a young man. My

time is short. I must serve God while I'm here."

The old man looked at him for a moment. "The world," he said solemnly, "was in need of a Saviour. He came. He saw the work he had to do for all the ages to come, and He knew that it had to be done in three short years. Yet in those three years He never was hurried. He had time to love his friends and be happy

with them, to go apart to the mountains, to be alone by the sea, to listen quietly for God's voice everywhere."

"Am I mistaken, then, in doing God's work?" cried Perry angrily.

"No, but you are mistaken in thinking you can do it all. Do your little share, and rest in God. He will go on with it, as He did before you came, and will do after you are gone."—*Youth's Companion*.

Warm Weather Diet.

BY G. H. HEALD

FUEL food is not so much required in the warm as in the cold months. In winter, on account of the increased radiation of heat, one must take on more fuel in order to maintain the body warmth, and the digestive and assimilative organs are then able to work up more food; but as the weather becomes warmer, the organism demands less food, and the digestion and assimilation lessen proportionately. And usually the condition will be indicated by a somewhat lessened appetite. One who, heeding the admonition, eats more sparingly, will maintain his good condition and avoid much of the illness incident to the advent of warm weather.

But often the flagging appetite is whipped up by means of some spring tonic, and food is taken which not only does no good, but which disorders the digestive, assimilative, and excretory apparatus in taking care of it. The loss of appetite increases, as a matter of

course, to be followed by an increase of tonic, together with remedies intended to meet the new complications as they arise. The whole thing is wrong. Every effort to whip the digestive system into vigorous work at a time when it should diminish its work is sure, sooner or later, to be followed by disastrous consequences.

Meat, eggs, butter, and milk are not needed for the summer. The grain foods furnish all the nutriment that is needed. Nuts should not be very freely eaten, on account of the large proportion of fat they contain. To give a sufficient bulk to the food, the garden vegetables and the fruits should be freely eaten, not at the same meal, however.

Those who are doing heavy work during the hot weather will find that they stand the heat much better on a well-selected vegetarian diet than on a mixed diet.

THE wondrous possibilities of work for and with boys must be an inspiration to any man who gives any considerable amount of prayerful thought to the matter.

THE body can not thrive on foods that will not supply its needs.

THERE is no disease that has not originated in ignorance or indifference.

HOME HAPPINESS.

PROBABLY nineteen-twentieths of the happiness you will ever have you will get at home. The independence that comes to a man when his work is over, and he feels that he has run out of the storm into the quiet harbor of home, where he can rest in peace with his family, is something real. It does not make much difference whether you own your house, or have one little room in that house, you can make that little room a true home to you. You can people it with such moods, you can turn to it with such sweet fancies, that it will be fairly luminous with their presence, and will be to you the very perfection of a home. Against this home none of you should ever transgress. You should always treat each other with courtesy. It is often not so difficult to love a person as it is to be courteous to him. Courtesy is of greater value and a more royal grace than some people seem to think. If you will but be courteous to each other you will soon learn to love each other more wisely, profoundly, not to say lastingly, than you ever did before.—*Selected.*

THE home influence in a boy's life is well-nigh supreme. It is the one thing he rarely ever gets away from. If it has been for good, he can never forget it; if for evil, he will have a hard fight to overcome it, should he ever attempt to do so.

SOME RECIPES.

GRAHAM PUFFS.—Beat the yolks of two eggs in two cupfuls of cold water; then add gradually, beating well meantime, three and one-fourth cupfuls of graham flour; continue the beating, after all the flour is added, until the mixture is light and full of air bubbles. Add last the whites of the eggs, previously beaten

to a stiff froth, turn into iron cups, and beat at once.

CORN PUFFS.—Beat together one and one-half cupfuls of unskimmed milk, and the yolks of two eggs, until thoroughly blended. Add two cupfuls of flour and one cupful of best granulated corn meal. Beat the batter thoroughly; stir in lightly the whites of three eggs, beaten to a stiff froth; turn into heated irons and bake.

GRANOSE DUMPLINGS.—Pare and remove the cores from quickly-cooking tart apples. Fill the cavity with sugar, moisten dry granose with cream sufficiently so that it can be pressed around the prepared apple the same as dough, and bake until the apple within the dumpling is tender. Serve with cream.

GRANOSE DROP CAKES.—Beat the yolks of two eggs, one-third of a cup of sugar, and two tablespoonfuls of bromose together to a cream. Stir in lightly the well-beaten whites of the eggs and two cups of dry granose. Drop in small spoonfuls on a tin and bake fifteen or twenty minutes.

GRANOLA PIE CRUST.—For one pie take two-thirds of a cup of granola, moisten with an equal quantity of thin cream or rich milk, and let it stand a minute; place the moistened mass in the center of the pie tin, and with a spoon spread it evenly and thinly over the bottom and around the sides of the tin, leaving no holes. To form the edge nicely, rest the length of the first finger of the left hand against the edge of the tin, and press the material against it.

The shaping of the crust will require but a few moments and should be done as soon as the granola is well moistened, as it absorbs the liquid and soon becomes dry again.

PRUNE FILLING FOR PIE.—Cook sweet California prunes (which have been well

washed and cleaned) in three parts water to one of prunes, slowly for several hours. When well done, run through a colander to remove the skins and stones. If the pulp when thus prepared is too thin, place in a covered earthen dish and set on the stove to remain until the liquid has evaporated sufficiently to leave the pulp of about the consistency of thin marmalade. Fill the crust with the prune pulp and bake. No sugar will be needed with the sweet prunes. Sour prunes sweetened may be used if preferred. A meringue may be added if desired.

DRIED APPLE FILLING.—Stew dried apples nicely; when done rub through a colander, evaporate to proper consistency, add sugar to taste, and use the same as the prune filling. Dried peaches may be utilized in the same manner, also fresh green apples.

TALK HEALTH.

TALK health. The dreary, never-changing tale

Of fatal maladies is worn and stale.
 You can not charm, or interest, or please,
 By harping on that minor chord, disease.
 Say you are well, or all is well with you,
 And God shall hear your words and make them true.

SEASONABLE HINTS.

THIS is the season when those who have not already done so should look well to their premises and see to it that all sources of infection are done away with. Filth which might be comparatively harmless in cold weather becomes dangerous in warm weather. Houses should be thoroughly cleansed. Cellars should be cleaned out and whitewashed. Dark, damp places such as are often found under sinks should receive rigid inspection. Let the sunlight reach every

damp spot if possible; where this is impossible, sprinkle a liberal coating of powdered quicklime to absorb the moisture. As the air becomes warmer, throw open the windows and allow full ventilation. Keep flies out by means of screens and not by glass. Those who live largely on health foods will not have much which will attract flies. Leave open closet doors, especially those containing clothing.

Look well to the sink drain; observe that there is no leak, and that the trap is perfect. Occasionally pour down the drain several dipperfuls of a solution made by dissolving copperas in hot water.

The material from barn-yards should be removed. If the water supply comes from a well on the place, it should be boiled before use, as the danger from contamination from the privy vault is too great to take the risk.

Every summer and fall people succumb to fever as a result of neglect of these precautions. G. H. HEALD.

THE shortness of life is bound up with its fulness. It is to him who is most active, always thinking, feeling, working, caring for people and for things, that life seems short. Strip a life empty, and it will seem long enough.—*Phillips Brooks.*

THE MAN IN HIS HOME.

THE seclusion of a home gives to a man a certain freedom and attendant privileges which no other place in the world affords, and it is right that it should. But it is not right that this freedom and those privileges should be abused to the disadvantage of the wife. Too many men seem to have the idea that they can drop into constant disconsolate and churlish moods at home with their wives, which in any other place and by any other person

would not be tolerated. It is when a man is within the walls of his home that he is himself. Then it is that he should be at his best. When a man gives the best that is within him to those closest to him, his home will be the ideal place that he wishes it to be. No man has a right to expect from his wife what he on his part does not give her. If he wants her sympathy, he must give her his consideration. If a man lacks the element of consideration, he should cultivate it, not for the benefit of his friends, but for those in and of his home. Consideration should begin at home, not in the homes of friends, as it so often does—and ends there, too. The atmosphere which a man creates in his home by example becomes the rule by which his children live. The husband and father strikes the key-note for right or wrong living.—*Ladies' Home Journal*.

WHEN feet are tender and painful after long walking or standing, great relief can be had by bathing them in salt and water, a handful of salt to a gallon of water. Have the water as hot as can be comfortably borne; immerse the feet, and throw water up over the knees with the hands. When the water grows cool, rub feet and limbs briskly with a dry towel.

MEAT EATING IN INDIA.

DR. A. W. HITT, who has had a long experience as medical missionary in India, and treating many diseases that are prevalent in this country, writes concerning his practise as follows:—

“In looking over my old dispensary record, I found registered on November 16, sixty-nine cases. These people came from the neighboring towns and some from our own village. There were seventeen castes represented. Out of the seventeen castes, two ate meat whenever

they could get it. Over fifty per cent of the registered cases were from the two meat-eating castes. Another interesting thing I observed was that there were five cases of rheumatism out of the sixty-nine registered, and in every instance they were from the meat-eating sects or castes.

“The men and women who eat nothing but vegetables, grains, and nuts, are large, healthy, and very strong. It is a common occurrence to see a woman or a man carrying a large, heavy trunk up the mountain to Landour. This is a long, steep climb of seven or eight miles, but they do not seem to mind it.”

SPINACH.

THE value of spinach as an article of food is placed very high among the list of vegetables. Its non-fermentable properties will enable a person to use it when nearly all other vegetables have to be proscribed. Its laxative nature is of special advantage to many people. This latter quality is said to be due to the abundance of mineral salts which it contains, chiefly those of iron and potassium.

A SPECIALIST in diseases of the throat is credited with saying, “The best chest-protector is worn on the sole of the foot.”

CANCER AND MEAT EATING.

W. ROGER WILLIAMS, F. R. C. P., says in the *London Lancet*, the leading medical journal of England, under date of Aug. 20, 1898: “Statistics show that the consumption of meat has for many years been increasing by leaps and bounds, till it has now 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. . . . In 1840 cancer caused 2,786 deaths, the proportion being one in 5,646 of the total population, and one in 129 of the total mortality. In 1896 the deaths due to it numbered 23,521, or one in 1,306 of the total population, and one in 22 of the total mortality. Thus the proportionate mortality from cancer now is four and a half times greater than it was half a century ago."

Upon the same point Dr. W. F. Waugh, a noted Chicago writer upon medical subjects, has this to say in the December *Medical World*: "The undoubted connection of cancer with excessive meat eating is another argument in favor of vegetarianism. Of all the theories so far advanced to account for the development of this terrible malady, none is so well backed up as this."

It is a noticeable fact that a large percentage of the cases of cancer that have occurred within recent years have the disease located in the stomach.

PUBLISHERS' NOTES.

RUTH, whose picture occurs on one of the advertising pages of the JOURNAL, is a good example of the value of granose as a food in the raising of children.

At five months old she weighed only eight pounds. She was fed with milk properly diluted and sterilized; and long before she had any teeth, granose was gradually added

to her menu, until it formed an important if not the important part of her dietary.

Her strength now is a marvel to those who know her. She calls herself the "nose baby" (granose baby).

THE corps of physicians at the Sanitarium have added to their staff Dr. E. E. Brighthouse, who was called away from this institution three years ago. Since that time she has had the position of lady physician in the Chicago Branch of the Battle Creek Sanitarium, where she has had a large and varied experience. Her faithful services will be much appreciated by both her new and her old friends, as she returns to her former work and native state.

LAST month the shipment of goods from the health food department amounted to over thirty-eight tons. The new granose machine is kept very busy, and the fine grade of California wheat produces a most excellent quality of granose.

THE opening of the summer season at the Sanitarium is marked with a renewed and greater prosperity. Already the demand for more room is urgent, and to meet the demand a thirty-foot addition is being built at the north end of the main building. This will increase the size of the dining-room and add to the facilities by giving fourteen new rooms.

THE Vegetarian Restaurant in San Francisco, at 1422 Market Street, is having an excellent patronage, and the health foods and cooking are greatly appreciated by the many patrons.

PACIFIC HEALTH JOURNAL

Published Monthly for the

California Medical Missionary and Benevolent Association

BY THE

PACIFIC PRESS PUBLISHING CO., OAKLAND, CAL.

50 Cents per Year

Single Copies, 5 Cents

Entered at the Post-office in Oakland

Are You Addicted to
Coffee and Tea
Drinking? ❀ ❀

Do you want a
Healthful Substitute?

You will find it in
CAMEL CEREAL

Price, 15 Cents

Insure your life and
property with ❀ ❀ ❀ ❀ ❀ ❀

B. F. KETTLEWELL

Real Estate and Insurance

. . . Agent . . .

❀ ❀ ❀ ❀ ❀ ❀ ❀ ❀ ❀ ❀
Room 3
Kettlewell Block
St. Helena, Cal.