

# PACIFIC HEALTH JOURNAL.

*A Sound Mind in a Sound Body.*

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## Stimulation and Stimulants.

BY A. J. SANDERSON, M. D.

NORMAL life is manifest through natural stimulation. Rays of light upon the eye cause the brain to see. Waves of sound upon the ear result in hearing. The physical influences of food upon the organs of taste and digestion stimulate the alimentary canal to do its varied and perfect work. Impressions through the senses, registered in the brain, cause the mind to think. The stimulus of thought upon the nervous system produces motion and all the activities of life.

The natural stimulus is always found in the normal environment of man. To keep the various functions of the body properly related to their surroundings, and capable of naturally responding to stimuli, means the procession of life, with all its powers. The nervous system, through which all stimuli are registered, is capable of healthy development only when subjected to natural influences. When man develops under such perfect conditions, he is then, and only then, in a state to receive correctly the various impressions that are brought to him from his environment, to which the functions of mind and body will respond faithfully and truthfully.

Such a man feels pain as pain, unexaggerated, and well borne; he feels work as pleasure; takes care without anxiety; and carries burdens without wasted energy. But, in so far as the sensitive nervous system has been subjected to artificial stimuli, in the same measure it acts falsely; and the same influences, if repeated, can only result in degeneration and decay.

The effect of all drugs must be considered in this light. That which conceals pain, or gives a sense of ease or pleasure, when there would otherwise be pain, forces a lie upon the nervous system, in response to which it must act falsely. In the words of Professor Jordan: "The drug which disposes to reverie rather than to work, which makes us feel well when we are not well, destroys the sanity of life. All stimulants, narcotics, and tonics, which affect the nervous system in whatever way, reduce the truthfulness of sensation, thought, and action. Toward insanity all such influences lead; and their effect, slight though it may be, is of the same nature as mania. The man who would see clearly, think truthfully, and act effectually, must avoid them all."

Drugs, tobacco, liquors, tea, coffee, etc., are not the only stimulants which thus reduce the sanity of life. Any exaggerated natural stimuli will, to the extent to which they act, tend to the same end. An excess of unnatural light to the eye, repeatedly brought to bear upon this sense, is sure either to weaken or demoralize it or its associated functions. The organs of digestion, which are made to act through the influence of the stimulating properties of natural foods, when subjected to the influence of condiments and a multitude of other "digestive aids," are by these false stimulants so perverted from their normal method of work that it is often as unsatisfactory to analyze the gastric function of a dyspeptic as it is to understand the brain activities of a maniac.

But more subtle still are the destructive influences which work in the life that is not actuated by the impulse of honest industry, that understands not the pleasure of work, or that has not a worthy object to which to devote his life forces. The Scripture expression of drunkenness "by the cares of this life," defines the most common form of intoxication. The life once thoroughly poisoned by its influence will find a harder struggle to come back to the plane of true living than the wine lover or the tobacco devotee. The acquirement of a bad habit in itself is not so serious as the loss of the good one that is displaced. The formation of habits is less a matter of will than of repeated action. To act right one must not only have "common sense," but all the senses must be true and ready to act truthfully or else resist action whenever influences are brought to bear upon them. Lives that are once perverted or reduced to

feel the need of artificial stimulants, are started in a course which steadily and surely will lead them, step by step, to where the sanity of tissues will be questioned, if not the sanity of the man. As soon as sensation is artificially changed, true action ceases; and a false course once begun, will lead to greater falsehood. Whatever examples may be referred to to illustrate the powers of a man who may act upon the false strength of stimulants, they are exceptions and not the rule. And the only true, sane life is the one which acts by plain contact with nature in his environment and his God.

#### FOOD ADULTERATION.

BY E. E. PARLIN.

ONE of the strongest arguments in favor of the use of a diet of nuts and fruits in their natural condition is their exemption from adulteration. But a small proportion of the foods offered for sale are what they are claimed to be. The responsibility for this world-wide evil must rest largely with the manufacturer, who, for the sake of gain, is willing to jeopardize the health of thousands of innocent victims. Dr. Wiley, the chief chemist of the United States Department of Agriculture, testified before the Pure Food Investigation Committee in Chicago, recently, that ninety per cent of the articles of food and drink manufactured in this country are adulterated. One of the most surprising statements he made was in regard to coffee. He stated that he had found molasses and flour moulded into berries, colored with a preparation of coal tar, and mixed with genuine beans, and sold as "high-grade" coffee. Cream was abstracted from milk and

chemicals substituted which prevented the milk from souring. Cotton-seed oil was substituted for olive-oil. Very little pure jelly is manufactured. Glucose and maple sugar were manufactured out of brown sugar and an extract of hickory bark, and so nearly perfect was the imitation that even

chemists failed to distinguish the spurious from the genuine. Spices were adulterated, and peanut shells palmed off as ground cinnamon. Fruits and nuts seem to be the only unadulterated food, and even then it is not safe to judge of the contents by the external appearance of the package.

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## Cures, Natural and Artificial.

[Parlor lecture by Dr. Heald.]

THERE is no such thing as artificial cures. An artificial cure is no cure at all. Every cure is wrought by the body itself.

Did you ever take a cat and hold him up this way and drop him? He lands on his feet. I have taken a little fellow, so small he could hardly stand, and, holding him feet upward a few inches from the floor, have let him fall, and he invariably landed on his feet. Throw a cat at a wall, and he will strike on his feet.

There is something in the animal that protects it. You see it more especially developed in the cat than in other animals. Even the animal that is so young it can hardly walk is protected against injury in that way.

We are protected in many ways. Our organs which are most sensitive, which are most delicate, are placed where they will receive least injury. The eyes, instead of being prominent, like the nose, are set inside of a bony framework, so that a blow on the face rarely strikes the eye. The eyelids are an additional protection. Without any thought the eyelid closes at the approach of danger. If a little dirt does get into the eye, the eyelid works rapidly, and by the aid of the

tears the dirt is usually washed out. If not removed in this way the brain is informed, by means of a pain in the eye, that there is a foreign body which must be removed.

The mechanism of the nose, while apparently simple, is one that is quite complicated in its details. The nose has the office of rendering the air that we breathe warm and moist and clean. It must filter out all the dirt, so that it will not reach the lungs. It must add a certain amount of moisture, so that the air will not be an irritant to the lungs. It must increase the temperature of the air, so that it will not irritate the delicate tissues of the lungs. At the outer edge of the orifice of the nose are small hairs, which serve to filter out the coarser dust; then the moisture on the sides of the nostrils catches the finer dust. The nostrils are not round, as you might think; but the passages are flat and very tortuous, so that all the air that enters the nose, must strike one or the other side of the nostril. Again, the sides of the nose are lined with blood-vessels, which throw out into the tissues large quantities of moisture, so that the air comes out much more moist than when it goes in.

The sense of smell very often protects us against injury. If we are in a burning building, for instance, our sense of smell may be sufficient to wake us up in time to get out. Many volatile poisons are detected by means of the nose.

The mouth has many ways of protecting us, among which I may name the sense of taste. The unperverted sense of taste may indicate almost infallibly that which is proper and that which is improper for us to use. Man is, perhaps, the only animal that has so perverted his taste that he can not tell what is proper for food.

Think of the different things which are eaten by the different nations. Things that are relished as delicacies in one nation would be abhorred in another nation. Some of you may enjoy Limburger; but I think to the greater number of you Limburger would be anything but a delicacy. Some of you may enjoy the flavor of high game; to a great many, though, and to the unperverted taste, that would be anything but a pleasure. It is simply a matter of educating the human taste. We have educated the taste to like certain foods, irrespective of whether they are beneficial or not, so that the human taste at present is no criterion as to what is proper and what is improper.

I have named these simply as instances of the way the body protects itself from harm on the outside. We have other enemies of microscopic size on all sides of us; but nature has provided us a very efficient protection from these. It is only when we allow our bodies to become run down that they gain an access and begin their work of destruction.

We might be compared to a country

which is well fortified. Every harbor has its fortifications. Every accessible point has a means of defense. The body in a condition of health is impregnable to the attacks of all enemies. It is only when the defenses are let down that disease enters; and then the body rallies its defensive forces at that point to throw off the enemy.

Suppose in case of a war with Great Britain, the enemy came through the Canada lines. Soldiers would be rapidly marshaled at that point for protection. There you would find the armies of the enemy. And there you would find the armies of the United States. So in our bodies.

A few germs get under the skin. The system walls up around them a hard tissue, which is impregnable, in order that the poison may be confined to one spot. This tissue itself receives no nourishment from the body, and soon dies and is thrown off; and afterwards the body fills it in with new tissue. This is the story of an ordinary boil. The boil is not our enemy, but is the result of the effort of our body to throw out the enemy that has got foothold. We have as defenses the blood, which is, to a certain extent, germicidal. We have the white blood-cells, which circulate in the blood, and which have a faculty of passing out of the blood-vessels into the tissues to various parts of the body; and they can pick up all foreign bodies, including germs, and digest them. Many times it is a question whether the germs will win the battle or whether the white blood-cells will win the battle.

There was a time when it was thought that the high temperature of the fever was the point to be combated. We know that it is the effort of the system to get rid of the germs. At

one time medicines were given to reduce the temperature, coal-tar preparations, etc., many of which are quite depressing. The more modern treatment is not to fight the temperature so much as it is to increase the defenses of the body. So now you find the physician giving cold baths for typhoid fever. The bath is not given in such a way that the temperature is kept down; for it is expected it will come up again; but a cold bath has this effect, it increases the production of the white cells. It increases the resistance of the body to these germs; and, hence, tends to shorten the process of disease.

On the other hand, the medicines that were formerly used, while they did reduce the temperature, depressed the body so that it was less able to resist the germs, and hence the person using them was more likely to succumb than if he had not used them.

Pneumonia is a result of certain germs which have entered the body. The person does not die of pneumonia because the lung is like a piece of liver, but because of the poisons generated by the germs which have gained access to the lungs. The crisis, or sudden improvement at the end of seven or nine days, is the result, not of the treatment but of the defenses of the body, which, finding itself overwhelmed by these invaders, increases the germicidal power of tissues and fluids. The body furnishes its own defense. Do we, for this reason, when we find a person has pneumonia, simply let him go and do nothing?—We do all we can to help strengthen these defenses.

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INFANTS fed for a long time on food poor in fats develop rickets.

## LATE SUPPERS AND SLEEPLESSNESS.

BY DAVID PAULSON, M. D.

SOME find out that if they eat a little before going to bed, they can sleep better. Patients often tell us that if they eat a little in the evening they feel all right. In nine cases out of ten such patients have hyperpepsia; that means that there is too much acid present in the stomach; there is so much free acid remaining that it irritates the stomach. If such persons eat albuminous food, it lessens this excess of acidity and relieves the irritation; even if one eats a piece of meat in the evening, it acts on the stomach as a poultice, for it uses up the excess of free acids in the stomach and relieves it,—in other words, it sponges out the stomach and uses up the free acids; the irritation is thus relieved, for the time being; the patient sleeps better that night, and he thinks he has gotten a great deal of good from this practise. But really he has not been helped; his symptoms have simply been smothered, and the next night he will find that he is just as bad as ever. It is not curing him. To illustrate: If water were dripping into a room down-stairs, it would do no good to try to soak it up so long as water kept pouring in from up-stairs; so we must first go to work and cure the hyperpepsia, and this can only be done by leaving off irritating foods, as spices and condiments, as well as those which have coarse fibers, as vegetables.

The bread should be thoroughly toasted, as this hastens its digestion, and so lessens the time it will have to stay in the stomach and continue to stimulate the pouring out of acid.

Dry foods should be used uniformly, as these encourage a flow of saliva, which will, in itself, help to neutralize the acidity of the stomach. Good ripe fruits which do not contain a great deal of acid are to be recommended for the same reason as the toasted bread. Nature has done so much of the digesting in the fruit that the stomach can readily dispose of it.

Grains can be put into the oven and be toasted before cooking, so they can embody the same principle.

THE physician should "not look upon his patient as a mere piece of human mechanism, but as a soul to be saved or lost."

"OUR happiness will be proportionate to our unselfish works, prompted by divine love."

"TEACHERS and students are constantly at work weaving the web of their eternal destiny."

## Near Sight.

BY G. H. HEALD, M. D.

NEAR sight is the condition in which objects must be close at hand in order to produce distinct vision, or in which it is necessary to use concave glasses in order to see distant objects clearly.

It may result from too long an eyeball, or from too great curvature of its front surface. As a rule, this condition is the result of more or less grave disease of the eye.

Short sight, as a rule, develops after close use of the eyes. When short sight is once established, it is natural for the individual to continue near work, and near work is all the more potent in increasing the short sight. Hence short sight, *unless corrected by proper glasses, always tends to get worse.* This continues until the person quits school or close work, or until the eye, through age, becomes more resistant, or until the objects are brought so close to the eye that it is no longer possible to converge both eyes on the object, and get single vision, and then

one eye, the one most defective, turns outward, causing *divergent squint*. After this, the short sight is not apt to increase any more, but in some cases the trouble continues until blindness results.

Objects at a distance beyond the far-point of the eye appear indistinct, although this may come on so gradually that the individual may be unconscious of it for some time, especially if it begin to develop at an early age. This indistinctness is decreased by bringing the object nearer the eye.

The eyeball itself appears to protrude, on account of its sharper configuration and greater length. The face often has a vacant or stupid appearance, and the tendency is to take up such pursuits as call for the use of the eyes at short range. Such an individual will take to reading much more readily than to football.

The only remedy for short sight is properly-fitted glasses, and, as the eyes

are diseased as well as misshapen, it is especially important that the care of such eyes be intrusted to one who understands the eye and its proper treatment.

As has been said before, the tendency in short sight is to become *progressively worse*, and a bad-fitting pair of glasses may only increase the damage.

## Slow Digestion.

BY DAVID PAULSON, M. D.

AN ideal diet for a person with slow digestion is one which will not readily ferment, which will pass out of the stomach as quickly as possible, and which is nourishing; these three things are essential to form an ideal diet. So much for the general principle.

Practically, a diet which will not ferment readily will exclude sweets. You can set water out in the sun, and it will not spoil for a week, but if you put sugar in it, you can have vinegar in forty-eight hours.

It will include foods that are well cooked. When food is cooked or baked until it is well done, it will digest quickly. When we speak of articles of food as being "well done," we mean toasted foods, such as granose and zwieback, grains that are browned by baking and then cooked if they need further preparation.

Easily-digested food means also ripe fruits. You know nature has done much in the digestion of fruit already by ripening it. It means also nuts well disintegrated. "But," some may ask, "can't I buy those in the market?" You can, but they are not as thoroughly disintegrated as they should be.

Such a diet is an ideal one for a person with slow digestion. It omits

things that will soon decay, etc., and it leaves out vinegar, because if you put a little starch and saliva in a test-tube, in a very few minutes the starch will be changed to sugar, just the same as if it were in the stomach; but if you put vinegar into the test-tube, the starch will not be changed at all. So vinegar should not be eaten. There is no reason for using vinegar. Nearly every child has to learn to like it, if he uses it at all; so we must leave such things out of an ideal diet.

### THE INCONVENIENCE OF GETTING WELL.

BY DAVID PAULSON, M. D.

I RECENTLY met a sick lady who experienced much distress from eating food of any kind. She had discovered that when she took brandy she felt perfectly comfortable, evidently because it so benumbed the nerves of the stomach that they could not report their distressed condition to the brain. So for several weeks she had been faithfully trying to starve herself to death in this convenient way. When placed upon a diet suitable to her condition, she begged to have the brandy continued, because it felt more comfortable than this nourishing food; and it required considerable persuasion to en-

able her to comprehend that it was more to her interest to have some trouble in getting well than to have the simple satisfaction of dying comfortably. This case represents thousands of others who, after having sown successfully for disease, are not

at all encouraged to go through the pain of sowing for health, and so shorten their lease on life by attempting to live upon some nostrum which simply smothers the painful symptoms, while the case goes on in the even tenor of its way, consuming them.

## Important Rules for Winter.

BY G. H. HEALD, M. D.

1. NEVER go out without your rubbers when it is damp underfoot.

2. Never wear your rubbers when in the house.

3. Damp clothes will not hurt you while walking in the rain, but they should be changed immediately on going into the house.

4. Avoid much talking when going from a heated room into the cold air. The practise of singing in the cold air when returning from a party is especially objectionable, and likely to be followed by congestion of the throat.

5. Do not forget that pure air is as necessary during the winter months as during the summer. When it is cold, many people neglect to ventilate properly. The fact that air is cold is no guarantee that it is pure.

6. Fruits are not so much needed as during the warmer months, but nut foods, on account of the oil they contain, and cereals, being rich in carbonaceous material, should form the basis of the diet. Avoid, however, the use of large quantities of mush and soft food, a certain proportion of hard food requiring mastication being essential to good digestion.

7. Care should be taken to clothe the body completely, especially in winter.

When the extremities are chilled on account of thin shoes and stockings, the small blood-vessels contract, forcing the blood into the interior of the body. The result is increased work for the heart, and congestion, often, of some susceptible part of the body, for instance, the mucous membrane of the nose.

8. Many people wear heavy coverings for the chest as "lung protectors." It is far more sensible to protect the lungs by keeping the extremities warm.

### HOW ENGLISH PEOPLE ATE TWO CENTURIES AGO.

At the present time the English people are greatly given to eating. Three meals a day, though sufficient for the average American, only serve to whet the appetite of the Englishman, who demands at least two, and sometimes three, meals additional. The custom of taking a bite "every few minutes," which to the newcomer seems to be the great habit of England, is in the highest degree detrimental to the integrity of the digestive organs, besides encouraging excessive alimentation, which Sir William Roberts pointed out as one of the



serious evils which threaten the English people.

The modern English custom, however, is quite different from the habits of the men who laid the foundations of the noble empire upon which the sun never sets. According to Thomas Tryon, of London, a "student in physics," who wrote in 1691, in his "Wisdom's Dictates, or Aphorisms and Rules, Physical, Moral, and Divine, for Preserving the Health of the Body and Peace of the Mind," the proper times of eating, so regarded at

that time, were "eight to nine in the morning, and three or four in the afternoon." He also admonished those who would eat wholesomely and long in the following excellent words:—

"Let your food be simple and drinks innocent, and learn of wisdom and experience how to prepare them aright.

"Moderate hunger cleanseth all the vessels of the stomach, makes the spirit brisk, and puts new thoughts into the soul, rendering a man fit to give the Lord thanks for all His blessings."—*Modern Medicine.*

## A St. Louis Author's Opinion

### REGARDING HEALTH FOODS.

SO far, we have not discussed the cooked or predigested foods, and, as some of these are so valuable as curative agents, they deserve more than ordinary mention.

You will better understand their value when I explain that the modern way of treating disease is by aiding nature. This is done in two ways: (1) By increasing the activity of the excretory organs, and in that way throwing off the poisonous or waste matter from the system. (2) By furnishing the necessary elements for the body, that will be readily assimilated, notwithstanding the enfeebled condition of the system. The Sanitarium Health Food Co., of Battle Creek, Mich. [and St. Helena, Cal.—Ed.], have made some new foods that better aid nature than anything heretofore known—at least, for some diseases, it is doubtful if there is any remedy equal to granose.

Granose is the nearest a specific for

constipation of anything yet discovered, and it will do more to smooth out an irritable temper and clear away the clouds of despondency than any amount of good luck. People who suffer with headaches, skin eruptions, asthma, epilepsy, piles, flatulent dyspepsia, torpid liver, or Bright's disease, should try granose. Delicate and anemic women and children will be greatly benefited by such foods, and, if combined with nut foods, rich and healthy blood will bring bright color and strength. If those who are subject to bilious attacks and sick-headaches will eat such cereal foods as granose, they will rarely, if ever, need drugs to keep them in condition. Granose is a good food in nearly all forms of disease, except diabetes and intestinal inflammations.

So many diseases result from malnutrition it can safely be said that whatever relieves it must necessarily be a blessing to the race; and while

granose will not raise the dead, it is a valuable aid in restoring vigorous life in many forms of disease.

The same company make a food they call granola, which is, as they style it, a twin of granose. Granola is especially valuable for children, invalids, chronic dyspeptics, and those who have dilated stomachs or uric-acid diseases. Both of these foods are ready for immediate use. A little water, milk, or cream is all that is

required to provide a health-giving and appetizing dish.

In addition to the foods mentioned, they make numerous others that are extensively used. Their gluten biscuit is of inestimable value for diabetes. They also make a forty and sixty per cent gluten biscuit, on which many diabetics thrive. So far as we know, these are the only reliable gluten preparations in this country.—

*Relation of Food to Health.*

## Some Strong Testimony Regarding the Harmfulness of Tobacco and Liquors.

THE *Medical Examiner* of October publishes an article by Dr. Lichty, on "An Ideal Soldier," from which the following quotations are made:—

"As a physician and surgeon with experience in military and civil life, I can assure you that a sick and wounded soldier who has not been addicted to strong drink or tobacco, stands much the better chance for recovery as compared with one who is, and every honest and observing physician will confirm this.

"Since the war now nearly thirty years past, the evidence has overwhelmingly accumulated against the use of alcoholic or other intoxicants for the soldier, sick or well, and it will need only one-third the number of years with the observation now possessed to convince all fair-minded people that the twin evil of whisky is tobacco—equally potent in impairing the health and lessening the chances of recovery if ill or wounded.

"Cancer of the tongue and throat is

now no rare malady, and invariably attributable to the withering and distorting influences of tobacco smoke, oil, and nicotine on the delicate papillæ and filaments lining the tongue.

"Tobacco amaurosis or tobacco amblyopia is a regularly recognized and classified form of disease of the eye, leading surely to incurable blindness unless the victim entirely and absolutely quits tobacco.

"Weak stomachs and indigestion are brought on through nerve paralysis by smoking, but more particularly through the filthy and pernicious habit of chewing. The 'tobacco heart,' laughed to scorn by thoughtless members of my profession ten years ago, is now duly recognized as a serious malady, and only cured by total abstinence from the weed.

"All the important life-insurance societies make searching inquiry into the habits of all applicants regarding the extent and form in which they use tobacco, while a large percentage of the candidates for admission to the

military schools of America are rejected on account of 'tobacco heart.'

"Dr. Seaver, of Yale College, the physician of the college and the professor of athletics, has been engaged for eight years in observing the effects of tobacco smoking upon the bodies and minds of students, and has published a budget of statistics, in which he demonstrates to the public that the students of Yale who indulge in tobacco smoking are inferior in physical vigor and mental ability to those who do not.

"According to Dr. Seaver's reckoning, the smokers have less power, less chest and expanding and inflating capacity, are of less bodily weight, and even of less height; furthermore, he says the muscular and nervous power is notably less than that of the non-

smoker. Not only in a physical way, but also intellectually, are the Yale smokers inferior to the non-smokers.

"Dr. Seaver's conclusions in regard to the dwarfing effect of tobacco on the growing young man are fully corroborated by Professor Hitchcock, M. D., of Amherst College."

In the class of '91 in this college the non-smokers have increased in weight nearly one-fourth more than the smokers. In height they have surpassed the smokers nearly two-thirds of an inch; while in chest measurements they exceed the smokers forty-two per cent, and in lung capacity there is a difference of 8.26 cubic inches.

And yet the youth fondly hope to increase their manly bearing by smoking!

## The Physician and His Work.

THE true scope as well as the powers and limitations of the medical man are often imperfectly understood; the various functions of the physician,—cure, alleviation, prevention, and teaching,—are better defined by the Latin *cura*, "care," than by its derivative, "cure," in its modern sense. To care for the health of the whole community is a far wider field of usefulness than to cure the sick individually.

In his work among the sick the physician is too often viewed as a kind of sorcerer, and he is invoked to use the mysterious chemicals he is supposed to have. How many people there are to-day who imagine if they could get hold of the doctor's prescription-book they could perform won-

derful cures! Yet few drugs that we use in medicine have any certainty of action. Indeed, of the more than four thousand drugs in use to-day, about the action of less than twenty is there any real certainty.

Surgical and other remedial measures are more certain and positive in their action; indeed, these often act like magic; but in the large proportion of cases the physician is far from being a magician, and has no absolute power over disease. He is simply one learned in the science of medicine, and he should likewise be well learned in all the collateral sciences, and experienced in the management of sickness; but he is only one factor in, yet the chief of all the forces operating for, the maintenance of life against death.

The nurse, the patient himself, his friends, and often his ancestors, influence the result for good or for evil.

The power of the physician against disease and death lies chiefly in his trained faculties of observation; in his superior insight into details and particulars; in his comprehensive grasp of medical principles; in his profound knowledge of all the conditions which are for and against life; in his wise judgment, his honesty of purpose, his sympathy of heart, and conscientious application. These are the qualities of brain and heart that enable a phy-

sician to nurse the flickering flame of life back to health and strength where a less skilful hand would extinguish it forever.

The cure of disease will always be an important element in the physician's work, and the care of the incurable sick, the alleviation of pain and suffering, and the prolongation of life, are priceless beneficences; but the most valuable service which scientific medicine is capable of rendering lies in the direction of the prevention of disease in the family, in the state, and in the nation.—*Self Culture Magazine.*

## The Hundred-Year Club.

QUITE a little comment has been made recently upon the organization, in New York City, of the Hundred-Year Club. The increased interest that has been created everywhere for the physical betterment of mankind has led to the study of personal hygiene from various standpoints. The worthy purposes of the above club are as set forth in the following prospectus. It is to be hoped that its organization will be the means of disseminating much light concerning the important points which it undertakes to discuss.

"The Hundred-Year Club is organized for the study of longevity in its various phases—mental, physical, heredity, environment.

"It claims to collect and maintain a library to contain everything of value written on the subject, including the theories of India, Egypt, and the ancient Hebrews, as well as more modern ideas.

"To contrast the experience of ma-

ture analytical minds, particularly those who have attained excessive longevity, and learn the lesson therefrom, and present it in a manner that will be more acceptable to youth.

"To secure the essence of scientific knowledge in plain language, that the wonderful progress being made in this direction may be utilized by the people.

"To establish branch 'Hundred-Year Clubs' to aid in the same purpose, either for the study of special phases of the question or in general.

"To hold meetings and publish the proceedings thereof with the more valuable papers read at meetings of the various clubs, and discussions thereon.

"The club is founded on the idea that knowledge of truth is the right of every human being.

"That no one possessing knowledge has a right to withhold it from his fellow-men.

"That he who gives the truth is equally benefited with him who receives it.

"That all men should have access to all knowledge that they can comprehend and utilize.

"When any one can comprehend and utilize the truth, it is his right to do so.

"The purpose of the club is to give the broadest possible latitude to the consideration of longevity, and to avoid magnifying any special phase

of the question, however meritorious it may be.

"There are some special lines of thought, 'fads,' that have, perhaps, been magnified beyond their real importance. This club will endeavor to get at the points of use and practical value, and indulge in the ideal only as it may have the appearance of becoming practical, and not give offense to any earnest seeker after truth.

"The design of the club is social as well as educational."

## Question Box.

151. WHY are two meals a day better than three?

They are not always better than three; but it is important that the stomach have a rest after having digested one meal before taking another meal; and, not only that the stomach have a rest, but that there may be time for the little glands of the stomach which empty themselves during digestion, to gradually fill up again in the period of rest. If there is not sufficient time between meals, there is not the opportunity for these glands to do that; and so the work is not properly done. The normal stomach probably empties itself in something like five hours; but a great many stomachs require six hours, and even seven hours. Now, in order that we might get in three meals a day, beginning at six, one would have one meal at six, and one at twelve, and another at six; and then by bedtime the stomach would not be emptied, unless the last meal were exceedingly light; and there would be only six hours' interval between meals. A person who is at vigorous work

may use three meals a day by taking the first meal early, for in such cases the digestion is usually quite rapid; but with a person who is not working vigorously it is impossible to get in three meals and allow sufficient time for it to digest properly.

152. Could a person live on the vegetable diet in a cold climate like Alaska?

One could not live upon a meat diet unless that meat diet had a certain amount of fat. We receive the heat of our bodies not from the nitrogenous matter, such as you have in milk and meat, and the white of eggs; these form the tissues; but the principal part of the heat and force of the body come from the starch, sugar, and the fat; and these we get largely from vegetable food. The reindeer lives on vegetable food, and lives in colder countries than Alaska. And some of the Arctic explorers, when leaving their ship, and going for miles over ice and snow, find nothing so valuable as graham crackers. In fact, they have come to realize that the grain foods are the most suitable food in cold climates.

### PROTOSE NOODLE STEW.

TAKE one-half pound of protose and mince it up fine; put into a quart and a half of boiling water; take medium-sized onion, mince fine, and put into the protose and water; then stew about fifteen minutes. Add four medium-sized potatoes, slice rather thick, and when potatoes are done add three tablespoonfuls of good cream or cup of rich milk. Salt to taste.

To make noodles, take one egg and two tablespoonfuls of milk, a little salt, and mix all the flour it will take. Roll out very thin; use plenty of flour while rolling out. Roll up into rolls and then slice very thin and drop into the kettle and boil about ten or fifteen minutes. You will find this as good as chicken noodles.

MRS. S. H. COLVIN.

### NUTLET HASH.

MINCE a medium-sized onion and cook in a tablespoonful of olive or salad oil until the onion becomes clear. Pour in a cup of water, chop about one-fourth of a pound of nutlet, add to the onion, and boil ten minutes. Have six large cold potatoes chopped fine, add one-half teacupful of dry bread crumbs; pour the nutlet and onion over this. If not moist enough, add more water. Have it quite moist. Place in the oven and bake until brown on top, and serve.

MRS. S. H. COLVIN.

CITRON APPLES.—Peel a few tart apples of a uniform degree of hardness, and remove the cores. Unless the skins are very tender, it is better to pare them. Fill in a piece of apple large enough to fill one-third of the lower part of the cavity. Then fill the

remainder with bits of chopped citron and sugar. If the skins have been removed, placed the stuffed apples on a flat earthen dish with a tablespoonful of water in the bottom, cover closely, and bake till perfectly tender, but not till they have fallen to pieces. If the skins are left on, they may be baked without covering. When cold, serve in separate dishes, with or without a spoonful or two of whipped cream on each apple.

AN exclusive diet of fresh fruit for breakfast, without much change in the other two meals, has been found successful in relieving indigestion. One author claims to have cured himself of serious stomach trouble by means of this regimen. The writer has made a trial of this plan for more than a year past, with pleasing results. A short time ago a physician claimed that one meal a day of prunes was most beneficial to the nervous system, and would even make criminals more tractable.

—*Selected.*

COMPLETE THE WORK IN HAND.—Half the failures in life are brought about by leaving unfinished tasks that are begun. It is never profitable to dissipate one's energy by dropping one task, well begun, to commence a new one. Such a habit has a bad effect upon the intellect and the general morals of the individual. An excellent habit to form is that which will enable one to complete the work in hand before anything else is undertaken. This habit of regularity will cultivate a strength of character which will stand in every trial of life. The mother should never lose sight of this great principle in the training of her children.—*Selected.*

## PACIFIC HEALTH JOURNAL

Communications and exchanges should be sent to  
St. Helena, Cal.

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

WE have a confession to make: We forgot to give our readers a Thanksgiving menu. They, however, may have reason to give thanks for the oversight. At any rate, we think we were somewhat pardonable for the omission.

We have two counts against Thanksgiving as a national institution: First, that it is a perfunctory service at best, being enjoined by the state, which, of course, can have no religious convictions; second, that the day has degenerated into an occasion for stomach worship.

Calling to mind the history our country has been recently making in its relations with the Filipinos, we are led to think of the words of the Saviour to the Pharisees: "Ye devour widows' houses, and for a pretense make long prayers." So much for the state's part of the national holiday. As to the part taken by those who use the day for the gratification of appetite, we are reminded of the scripture which says, "Whose god is their belly."

Reader, what god did *you* serve last Thanksgiving day?

In an article in the *Medical Record* of March 25, 1899, the writer takes the position that the medicinal treatment of neurasthenia is the least important duty of the physician, "though it is oftentimes difficult to convince the patient of this, and physicians as well." "The majority of neurasthenic patients," they say, "would reach the

goal of recovery just as surely and speedily if drugs were entirely discarded. At least, it may truthfully be said that it is oftentimes as important to forbid the patients all medication as it is to prescribe it."

"Hydriatic procedure (water treatment), diet, rest, exercise, etc., have proven to be the only really trustworthy therapeutic agencies."

In other words, the properly-conducted sanitarium is the ideal place for the cure of neurasthenics. Thinking men are gradually coming to recognize the fact.

CONSIDERABLE discussion, *pro* and *con*, has followed the presentation of a resolution by Dr. D. D. Crowley, of the State Board of Health, providing that the State Board of Health shall consider the propriety of quarantining against human beings and domestic animals with tuberculosis entering the state.

Should this ever become a law, the question arises, What advantage would we gain by shutting out these unfortunates, while we still have a very large number within our border? And what provision can be made for these?

In view of the light that is constantly being shed on the great danger from contagion, there can be no doubt that more stringent measures must soon be adopted with a view to stamping out the disease. I shudder as I think of the many hotels which make no attempt whatever to disinfect an apartment which has been occupied by a tubercular patient.

As the *Medical Standard* well says: "The indiscriminate association of consumptives is a serious menace to public health. It is, moreover, ad-

mitted that climatic changes for the cure of those afflicted with pulmonary diseases are far from being efficient, as was formerly supposed." So that the quarantine against tubercular cases coming over our borders might not be so great a hardship for them, and would, doubtless, lessen the tendency of the spread of the disease.

It may be of interest to those who enjoy eating potted meats to learn that a man who had been for ten years employed in a Chicago packing establishment, made a sworn statement to the effect that the carcasses which had been condemned by the inspectors were thrown into a large vat, ostensibly to be turned into soap-grease, but really to be taken out at the bottom of the vat by a secret trap-door, and conveyed to the canners. When the inspectors came around, steam would be turned on to prevent their detecting the fraud, and naturally they were always glad enough to get away from the stench.

"WE shall find the footprints of Jesus by the sick-bed, by the side of suffering humanity, in the hovels of the poverty-stricken and distressed. We may walk in these footprints, comforting the suffering, speaking words of hope and comfort to the despondent."

"THE Saviour of the world devoted more time and labor to healing the afflicted of their maladies than to preaching."

"EACH faculty has a bearing upon all the others, and all need to be exercised in order to be properly developed."

#### BOOK REVIEWS.

"SHALL WE SLAY TO EAT?" By J. H. Kellogg, M. D. A brief but powerful array of evidence in favor of a non-meat diet. Those seeking for knowledge will find between its covers a mine of valuable information regarding the comparative merits of a meat and a vegetarian diet. Paper covers; by mail, 25c.

"HOW TO LIVE WELL ON A DIME A DAY." By J. H. Kellogg, M. D. Containing comparative cost and food value of various foods, sample menus and recipes for preparing dishes which are cheap, palatable, and healthful. Paper; by mail, 5c.

"NATURAL FOOD RECIPES." By Mrs. E. E. Kellogg. A series of recipes for the preparation of food of the highest standard of excellence as regards purity, simplicity, wholesomeness, and digestibility. All animal products of every description are wholly excluded; and only such methods of preparation are employed as are capable of developing in the highest degree the natural and proper qualities of food and increasing its digestibility. 32 pages; paper covers; by mail, 10c.

These can be had by addressing PACIFIC HEALTH JOURNAL, St. Helena, Cal.

"A FRIEND IN THE KITCHEN, OR WHAT TO COOK AND HOW TO COOK IT." By Mrs. Anna L. Colcord. This book should be well received by vegetarians, as it gives recipes for a large variety of dishes prepared from the vegetable kingdom. It is a good book for those who wish to adopt a hygienic diet, and who prefer to make the change gradually. The price is 60c. Pacific Press Publishing Co., Oakland, Cal.



"DREH-NI-GEAN; THE TRUE SEEKER OF HEALTH OF THE BODY, BASED UPON PERFECTION IN ITS SANITARY CONDITIONS." By Lucy Bissel Sanders. Cloth; 115 pages; \$1.00. Sanders Company, publishers, 503 Fifth Avenue, New York.

The author disclaims altogether the use of drugs, and claims that, by means of water applied internally and externally, massage, and diet, she has had remarkable success in curing disease, both acute and chronic. The object of the book is to teach all to be "independent of doctors, to a great extent, and their own physicians for life."

We heartily welcome every effort to supplant drug medication by something better, and have no doubt this book is destined to accomplish much good in this direction. At the same time, we can not agree with all the statements of the author, and fear that her disregard of the teachings of physiology and chemistry will lessen to some extent the influence of the book. Like many other advocates of valuable therapeutic measures, her explanations of why her treatments are successful, do not always appeal to us as sound. We may devote more time to the consideration of her positions later.

"NATURAL FOOD OF MAN, AND HOW TO PREPARE IT," in three parts. Part I: "Man's Primitive and Best Diet," by Elder M. C. Wilcox; a powerful argument from the Bible standpoint, followed by other considerations, as safety, economy, and simplicity, and the moral aspect; should be convincing to any candid individual that the non-meat diet is always the best. The author adds this testimony

as to his own experience: "Of himself he can say that since he adopted the latter diet, after years of the other, he has found less anxiety as to what he should eat, a keener relish, a better appetite, a clearer brain, a greater sustaining power in labor, a quicker recovery from weariness, a heart more responsive to the things of the Spirit, and purer delight in the things of God. Oh, there are life and health and blessing in God's way! 'If any man willeth to do His will, he shall know of the teaching.'"

Part 2: "How to Prepare It," by Mrs. Flora Leadsworth, gives a large variety of recipes, which are composed entirely of vegetarian products, and contain nothing like baking-powder, soda, and other injurious substances. The writer's experience with Mrs. Leadsworth, as a practical cook, leads him to say unhesitatingly that the recipes, if followed, will give dishes not only healthful, but appetizing as well.

Part 3: "Food for the Sick," by J. R. Leadsworth, M. D., is handled in a most creditable manner.

Altogether, the book is one which no one who is desirous of living in accordance with the laws of health, can afford to be without. It is issued as one of the numbers of the *Bible Students' Library*. Heavy paper; price, 25 cents. Pacific Press Publishing Company, Oakland, Cal.

PAMPHLETS received: "The Technique and Management of the Cataract Operation," Vard H. Hulén, A. M., M. D., San Francisco; "Intestinal Anastomosis," J. Henry Barbat, M. D., San Francisco; "The Failure of Antidotes in the Treatment of Diphtheria," J. Edward Herman, M. D.,

Brooklyn, N. Y.; "Why Are So Many People Wearing Glasses?" Vard H. Hulen, A. M., M. D., San Francisco; "Experiments on the Metabolism of Matter and Energy in the Human Body," Bulletin No. 69, U. S. Department of Agriculture, office of Experiment Stations, A. C. True director.

#### PERIODICALS.

FOR variety of reading, the *Self Culture Magazine* for November is remarkable. The engravings, some thirty-five in number, maintain the extraordinary perfection to which the magazine has attained in the art of illustration.

Send to the publishers for particulars regarding the \$1,000 prize contest for the largest number of subscriptions taken. \$1.00 a year. Published at Akron, Ohio.

THE *Sanitarian* for November contains, among other excellent articles, one on school seats and one on school sanitation, which should be read by every person who is connected with the management of schools, or who has children who go to school. The *Sanitarian* maintains its position as one of the foremost of journals devoted to the advancement of the public health. \$4.00 a year, or 35 cents a copy. Sample copy for ten two-cent stamps, by addressing Dr. A. N. Bell, 337 Clinton St., Brooklyn, N. Y.

*Birds and All Nature*, illustrated by color photography. Ten colored plates of birds, animals, or other objects of nature every month. Every plate a work of art. The editor of the HEALTH JOURNAL has subscribed for *Birds* for his child ever since the first number was issued. A beautiful

present to any child, and one that can not fail to interest and instruct young and old. See our special offer in advertising column. Sample copy will be mailed for 15 cents, by addressing Nature Study Publishing Co., 203 Michigan Avenue, Chicago, and mentioning this journal.

NATURE STUDY IN WINTER.—Winter is considered by many a most unpromising time of year for nature-study, yet if one reads "How the Trees Look in Winter," in the *New Crusade* for November, he will find new objects of interest and new ways of studying opening up before him. Ann Arbor, Mich. Single copy, 10 cents; \$1.00 per year.

THE *Helping Hand*, published monthly, for 25 cents a year, by the Helping Hand and Medical Mission, 641-647 Commercial Street, San Francisco, is devoted to the interest of the philanthropic work in the city of San Francisco and on the Pacific Coast. Those who desire to know more about this work can not do better than subscribe. Sample copies will be sent on application.

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"UNION with Christ means dispensing of His blessings."

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"THERE is no case of need for which some one is not responsible."

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"IN order to maintain equal circulation there should be an equal distribution of clothing."

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"IF we would elevate the moral standard of any country, we must begin by correcting the physical habits of the people."

## Publishers' Department.

### PACIFIC HEALTH JOURNAL

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WE are prepared to make the following clubbing offers on periodicals, which, we believe, might properly find a place in any family. It is not necessary that both papers go to the same individual. You may present a friend with a year's subscription to one of these periodicals, and renew your subscription to the HEALTH JOURNAL; or, if your subscription is paid up ahead, and you desire one of these magazines for yourself, you can at the same time send the HEALTH JOURNAL to some friend at a small additional outlay. Of the *Good Health* and *Gospel of Health* I need say nothing, as their merits are well known by the readers of the JOURNAL. Those who are aggressive health reformers will do well to have all these periodicals, to circulate among their neighbors.

Of *Birds and All Nature* I can not say too much. Every number is a jewel. If you can not afford the paper, don't send for a sample; for you would be almost sure to subscribe on seeing it. *Pets and Animals*, though not illustrated in color, is finely illustrated. Both these magazines contain reading which you need not fear to place before your children. They will teach them to observe and to love God's creatures. For parents and teachers, the *Child Study Magazine* will be found invaluable. *Home Life*

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As stated elsewhere, these books *positively can not be purchased anywhere for less than one dollar each*; and that will be our price; but with each copy of the book bought, we will furnish one yearly subscription to the HEALTH JOURNAL. With three copies of the books, we will furnish *four* yearly subscriptions; and with five copies, we will furnish *seven* yearly subscriptions to the HEALTH JOURNAL. If you want all the books, secure seven subscriptions, for \$3.50, and you will only have to add \$1.50 in order to get \$5.00 worth of books. In other words, you take subscriptions to the amount

of \$3.50, and you *earn \$3.50*, which means that *you get 100 per cent profit on your orders!*

WE have another offer to make to our subscribers, and we hardly know how to describe it. You have admired the little photographs which are worn as buttons or scarf pins. We can obtain these seven inches in diameter, and finished in four styles. They are made to stand up as an easel, and must be seen to be appreciated. We are prepared to furnish these at the following prices:—

Plain finish, either silk or gloss, with one year's subscription to the HEALTH JOURNAL, \$1.50.

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These sell everywhere for much higher prices than this for the medallions alone. If you desire to make an elegant Christmas present to any of your friends, send in their photographs, with the amount, and we will have the medallions prepared. Of course, a good medallion could not be prepared from a poor photograph. Should you accept this offer, we feel sure that you will be more than satisfied with the result.

WE are having some very encouraging reports from Dr. Moran, who recently went to Los Angeles to open up the work there. Prospects are good, and we expect soon to have a Sanitarium and a Vegetarian Restaurant in full running order.

THE Cal. M. M. and B. Assn. will doubtless soon start another enterprise near Armona in King's County, for which they have already received contributions of land and cash.