

# The PACIFIC HEALTH JOURNAL

MONTHLY

## CONTENTS

ORIGINAL ARTICLES	
Pneumonia . . . . .	43
The Decline of Medical Superstitions . . . . .	46
Tuberculosis . . . . .	48
The Christian Physician . . . . .	50
Tobacco . . . . .	52
SELECTIONS	
Habit Diseases . . . . .	53
Principles of Alimentary Hygiene . . . . .	54
EDITORIAL COMMENT	
Damp Clothing . . . . .	55
Dangers from Dust . . . . .	55
SANITARIUM COOKING SCHOOL . . . . .	57, 58
PUBLISHERS' DEPARTMENT . . . . .	59, 60
LITERARY NOTICES . . . . .	61
QUERY DEPARTMENT . . . . .	62, 63

February, 1901



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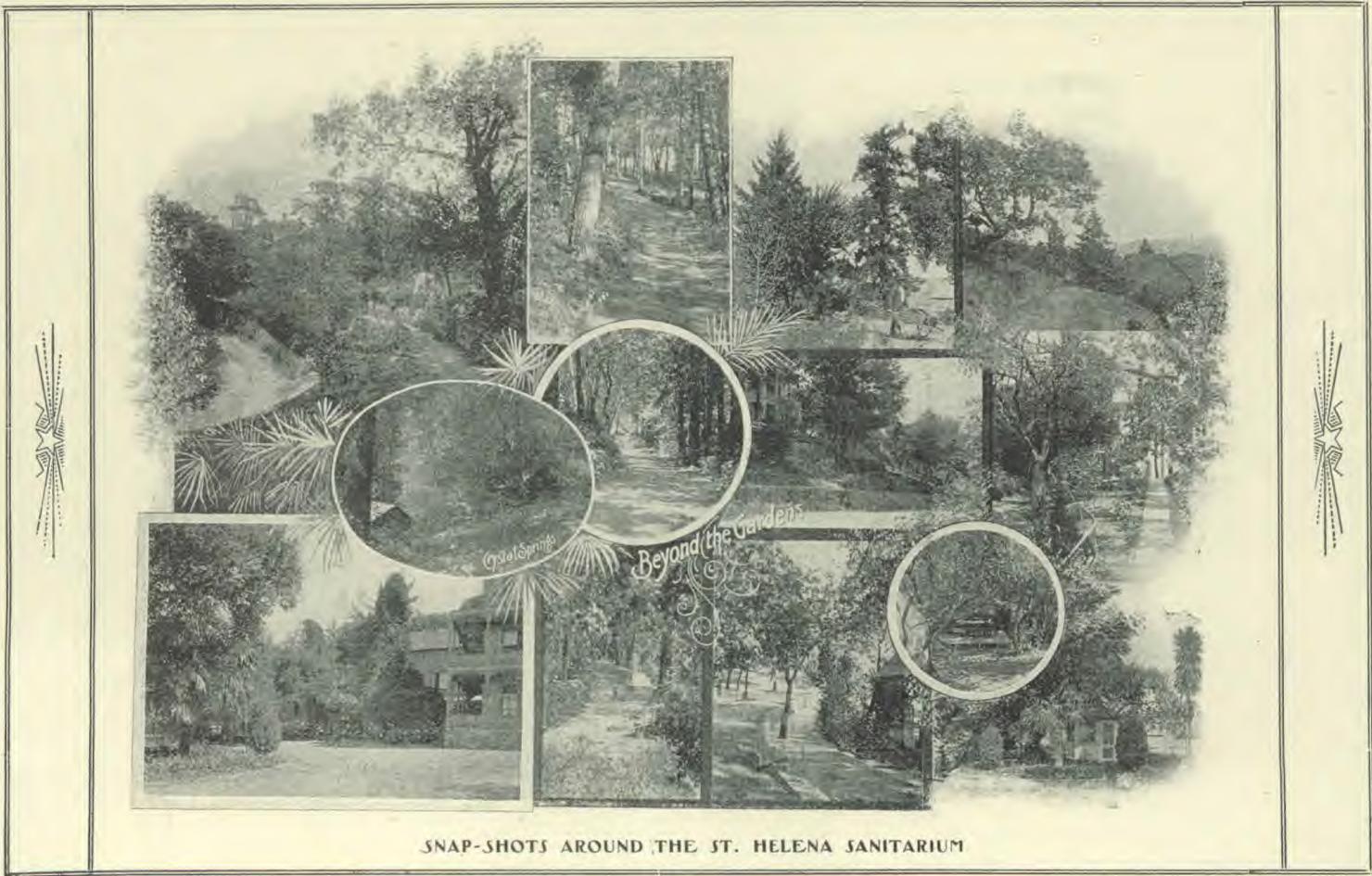


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SNAP-SHOTS AROUND THE ST. HELENA SANITARIUM

# PACIFIC HEALTH JOURNAL

A SOUND MIND IN A SOUND BODY

VOL. XVI.

ST. HELENA, CAL., FEBRUARY, 1901.

NO. 2.

## PNEUMONIA \*

BY W. HARRIMAN JONES, A. B., M. D.

The same careful hygiene of the bed and sick-room should be carried out as in other infectious diseases. Rest in bed is essential; but the patient should not be too much bundled up with clothing. A light flannel night-robe, open in front, should be worn. The room should be light, letting in the sunshine, if possible, and thoroughly well ventilated, without exposing the patient to draft, and kept at a temperature as near 70° Fahr. as possible.

**General Treatment**

Sponging the entire body twice daily with tepid water and aromatics or alcohol, adds greatly to the comfort of the patient. The patient should be encouraged to drink sufficient water to keep up to normal the quantity of urine secreted. From the beginning, careful attention must be given to the bowels. A cool enema not only relieves the system of many poisons that might be reabsorbed, and thus further embarrass nature, but is one of the best methods for reducing fever and controlling temperature. The bowels should be emptied daily by irrigation.



Reserve the stomach for food. As in all infectious fevers, the diet should be simple, easily assimilable, given in small quantities, and at frequent intervals. It must be remembered that in fever little or no gastric juice is produced by the stomach, and the digestive organs suffer with the general system. Hence, highly nitrogenous foods, such as meats and meat preparations, are to be avoided. Milk, or, better, buttermilk and kumyss every two or three hours, have established themselves as appropriate foods for a pneumonia patient. Often, however, the patient does better on ripe fruits, and such easily digested fruit preparations as baked sweet apples, stewed prunes, prune puree, and most other well-cooked, sweet, and sub-acid fruits. Malted preparations, and such farinaceous foods as browned rice, zwieback, and granose, are especially recommended.

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\*This article was begun in the January JOURNAL.

First of all, if the treatment can be instituted from the very beginning of the disease, a vigorous sweating of the patient by means of a wet-sheet pack may possibly abort the attack. This treatment may be easily given **Of Special** by wrapping the patient thoroughly in a sheet wrung out of water **Treatments** at a temperature of about 100° Fahr., and quickly surrounding him with blankets previously spread out upon the bed, and placing hot water-bottles at his feet and spine. Plenty of hot water should be given him to drink, and the head constantly bathed with cold water during the entire treatment.



Should, however, the disease be well established, we have but to consider the effort which nature herself makes to overcome the disease, in order to devise some means by which we can render her efficient aid. As stated above, as soon as infection occurs, a large number of white blood corpuscles are rushed to the scene of infection to destroy the invaders. The effort is a heroic one; but, unfortunately, the tissues soon become so swollen and infiltrated with these inflammatory products that the heart is unable to force fresh supplies of blood to the involved area. Consequently, the congestion becomes a stagnation, and the entrance of new and fresh blood corpuscles is prevented. So, then, to overcome this, we have recourse to a very **Cold Chest** simple means, which admirably fills the requirements, namely, the **Compress** cold compress or cold chest pack. How does this operate?—By the sudden impact of the cold compress upon the chest wall, there is a contraction of the blood-vessels of the surface, and, acting through the reflex nerves connected with this skin area, a similar contraction of the blood-vessels is produced in the lung. As a result of this contraction, the stagnant blood, laden with its inflammatory debris, is forced along and out of the lung; then, as the compress begins to warm up, the blood-vessels gradually dilate, and are filled with a fresh supply of blood and fresh phagocytes. In ten to twenty minutes, when the blood again becomes laden and stagnant, the compress is renewed, the vessels again cleared and refilled. So, by renewing these compresses as indicated, we have established a system for literally pumping blood through the lung.

But the compress has other beneficial results. The acute pain is almost always relieved by this application, the temperature lowered; and the respiration is improved by the sudden cold, so that the blood is more thoroughly oxidized, and poisons better thrown off through the lungs; the labored breathing is relieved, and, greatest of all, the heart is largely relieved of the extra effort required to force blood through an obstructed lung. This last effect may be augmented, also, by placing a hot-water bottle or hot fomentation at the back between the shoulders, thus diverting much of the blood from the lung through other channels.



In administering the chest compress, several thicknesses of old linen or crash, large enough to cover the chest from the tops of the shoulders to the

stomach, and extending well around the chest wall on either side to the back, are required. This compress should be dipped in water at a temperature of 45° to 50° Fahr., and applied to the chest. At the end of ten to twenty

**Technique** minutes, it is replaced by another, care being taken to rub the chest thoroughly with the hand after each compress, to stimulate the surface circulation and avoid benumbing the skin and thus preventing activity of the reflex nerves. For this purpose, it is well every hour or two to apply a hot fomentation to the chest for several minutes.

For meeting all the conditions incident to pneumonia, I know of no one measure so admirably adapted as the cold compress applied as described above.



However, occasionally, some special features of the disease may require special attention; thus, pain may often be relieved by hot applications, though not more often than by cold, or the broad, flat ice-bag. The fever

**Additional Measures** is a symptom which sometimes requires special attention. For this purpose, however, medicinal antipyretics must not be employed.

The greatest benefits will be found to accrue from the use of the various hydrotherapeutic measures at our command. In the majority of cases, the cold compresses will suffice to reduce the fever sufficiently. Other forms of cold applications may be used, however, such as cold sponging, the ice pack to the affected side, or, should the fever be persistent and its range high, with well-marked intensity of nervous symptoms, the patient may be placed in the full plunge bath, at a temperature of 70° or 75° Fabr.

In the last stage, to hasten resolution, absorption, and removal of the dead cells and exudates, the circulation should be quickened by alternate applications of heat and cold over the affected area. This can be accomplished by fomentations as hot as can be borne, followed by friction with ice, and this maneuver repeated a number of times. Between treatments, a cloth wrung out of cold water is applied to the chest, and covered with several layers of flannel and one large layer of oiled silk or muslin. Upon its removal, the chest should be washed with cold water, to protect the patient from taking cold, and the parts rubbed with vaseline and covered with a thick flannel cloth.

Great care must be exercised to avoid chilling the patient, as extension of the disease into a new territory, and renewal of the whole morbid process, may result from prolonged chilling of the surface, by producing further congestion in the lung.

Should the heart manifest signs of weakening, the patient may be given a hot foot-bath, with alternate hot and cold applications over the heart.

One further consideration ought not to be overlooked. Pneumonia is an infectious disease, and caused by germ activity. For this reason, more care should be given to the expectoration of the patient, which is laden with the microbic invaders. The sputum should be thoroughly disinfected, and the patient's mouth and gums washed regularly with an antiseptic solution, such as listerine, or, better, formalid, or even a solution of boracic acid, and in water.

*Sanitarium, St. Helena, Cal.*

## THE DECLINE OF MEDICAL SUPERSTITIONS

BY DAVID PAULSON, M. D.

There are many who regard the habit of sleeping with the mouth open as merely producing a tendency to snore, while in reality it tends to lay the foundation for something that is much more serious.

**Mouth Breathing and Respiratory Diseases** Upon this point Dr. Brunton states: "It is well to remember a passage found in the book of Genesis, 'God

breathed into man's nostrils the breath of life, and man became a living soul.' Man very often forgets this; he begins to breathe through his mouth, and then he dies. The nostrils form part of the respiratory tract; the mouth has no business to form part of the respiratory tract; it never was intended for respiration. It was intended for mastication and deglutition. . . . The tissues of human beings, when they are chilled down, seem to have much less power to resist the attacks of microbes than when they are in a healthy condition. In the case of the trachea and bronchi, the tissues are, to a great extent, protected from being chilled down and from affording a suitable soil for microbes by the arrangement we find in the nose. In the nose we find that the turbinated bones are arranged in the same way as the plates of iron in some of the new stoves, *i. e.*, in a kind of spiral. By this means they afford a large heating surface, so the air passing through the turbinated bones, covered as they are with mucous membrane containing a large quantity of blood, becomes warmed before it goes down into the trachea or into the bronchi."



There are thousands of people who could not be induced to rub in a vigorous and persevering manner an enlarged and inflamed joint; but after they have paid a dollar for a large bottle of colored fluid, containing a few cents' worth of strong-smelling medicine, then they are content to

**Wherein Lies the Virtue of Liniments** carry out the very important advice pasted on the bottle, "To be rubbed in thoroughly." On this point Dr.

Brunton says: "I believe that the application of liniments is another form of massage. No doubt the liniments have some action of their own in stimulating the skin, but I do not believe it is so much *what* you rub in as *how* you rub it in, because all sorts of liniments answer. . . . These are all exceedingly good if they are well rubbed in, and I believe it is the rubbing which has a great deal to do with their useful effect upon the joints, though many people who would scorn massage believe implicitly in the efficacy of liniments."



"A party of engineers were surveying in the Sierra Nevada. They camped at a great height above the sea level, where the air was very cold, and they

were miserable. Some of them drank a little whisky, and felt less uncomfortable; some of them drank a lot of whisky, and went to bed feeling very jolly and comfortable indeed. But in the morning the men who

**How Whisky Warms the Body** had taken no whisky got up all right; those who had taken a little whisky got up feeling very unhappy; the men who had taken a lot of whisky did not get up at all; they were simply frozen to death. They had warmed the surface of their bodies at the expense of their internal organs."—*Dr. Lauder Brunton, in the Action of Medicine.*



Intemperance does not begin in the saloon; it starts at the dinner table. Many sincere and earnest men and women are spending energy and strength in denouncing the saloons, while their cooks are at home preparing a dietary for their children that is creating a thirst in them which nothing but the saloon can satisfy. Upon this point Dr. Haig, who has spent a lifetime in careful investigation along these lines, states: "As regards alcohol, I was much interested to hear it said at a dinner given by the Vegetarian Society of London a few years ago that the adoption of a vegetarian diet was one of the best means for overcoming the craving for drink. . . . Like morphine, cocain, and alcohol, of which we have been speaking, meat itself is a stimulant, and this is the real cause of the difficulty which so many experience in giving it up. As regards nutrition, there is no difficulty, for plenty of things can be found which will nourish the body quite as well or better than meat. Now meat acts as a stimulant in exactly the same way that morphine, cocain, and alcohol do so, by clearing the blood of uric acid. . . . But, as in the case of the drugs, this is followed by a rebound, and then more meat or alcohol, morphine or cocain in its place must be taken to prevent the resulting depression, and the use of one stimulant leads to that of another, and the more they are used the more uric acid will be retained, and the more they will have to be used in ever-increasing quantities to hold it back. At last a time arrives when further stimulation is impossible, and there is an enormous rush of uric acid through the blood, with headache, melancholia, or uræmia as its results. I have been told by a patient of mine, whose daughter, among other good works, has a Home for Inebriate Women, that her own experience has taught her that flesh diet is the very worst for them, and she does what she can to tempt them away from meat, but she says, 'You can really see joy in their faces if a large joint of meat is brought in,' just, I remark, as you would see joy in their faces if a keg of whisky were placed on the table. I also hear from the same source that if the craving for alcohol is overcome, that for meat goes also. It is stimulation that is wanted, not nutrition."

*Chicago Branch of Battle Creek Sanitarium.*

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"A CONTENTED mind, a cheerful spirit, is health to the body and strength to the soul."

## TUBERCULOSIS

### ITS EARLY RECOGNITION, PREVENTION, AND CURE

BY W. R. SIMMONS, M. D.

That there is a chance for life, when the disease is taken in its early stages, is evidenced by the many who, by proper caution, care, and treatment, recover from the dreaded scourge. In the treatment of the disease, several conditions are to be taken into consideration. Perhaps the most important question is that of nutrition, as digestion and assimilation control the situation. If we can make the patient increase in weight, little heed need be taken to the local disease processes. There are three conditions to meet in order to produce the desired result. First, the surroundings of a patient should be such as to maintain the maximum degree of nutrition. Second, such measures should be taken as will counteract tuberculous processes. Third, relieve the symptoms.



As in nearly every case the lack of proper nutrition is due to a derangement of the digestive organs, they should first receive attention. The diet of the patient should consist of those foods best digested by him. In a great many cases the milk-and-egg diet, with thoroughly cooked grains and fruits, is the most suitable. The nutrition may be greatly stimulated by

**Nutrition** daily massages, preceded by a sun bath for two or three hours.

Salt glows and electricity will increase the patient's strength and nutrition. An out-of-door life, in pure air, filled with sunshine, is the one far more preferable. As many cases live in cities where these things are almost impossible, the most should be made of what sunshine there is. If the patient is not able to "live" outdoors, he should be placed in the sunshine several hours each day. This can be done many times by having the couch or bed brought to the open window through which the sun is beaming.



In many cases one could be saved the expense of a long trip by contriving to maintain an equable temperature and obtain sunshine at home. No doubt there are many cases benefited by a change of climate. Pure

**Home Treatment** air is the first requisite, and is abundantly supplied in the mountains and forests. While the high altitudes are advantageous in many ways, there is this objection, that the rarefied air increases the size of the chest so that a patient who has become used to it can not live at sea level again. Much has been done in the way of medicinal treatment for tuberculosis, but of all agents used, none have any special action on the process of the disease. Some are thought to have a general action on nutrition, but even in this there are pure health foods superior to any form of drugs. Cod-liver oil, which was long supposed to be such a promoter of nutrition, is surpassed by the malted preparations that are now to be obtained.

In combating the symptoms, the principal indications to be met are the fever, the cough, and the night sweats. To check the fever: as there is almost always a distinct chill preceding the fever, this should be overcome by leaving the patient in bed until after the usual hour for the chill, keeping him warm by sufficient clothing and hot bags; should the chill not come on at any definite time, but only a sensation of chilliness, the patient should be kept in bed for several days at a time, until the chills are over, but not too long, as the patient needs the outdoor air and sunshine.

When the fever is high, sponge baths of water—or alcohol one-third and water two-thirds—are very beneficial. The patient should drink large quantities of water, and as soon as able to be about should take exercise in the open air. Should the patient be strong enough to bear it, a wet compress over the chest worn all night, will aid in combating the fever.

The cough, unless it is of a dry, irritating character, is necessary in order to raise the mucus that forms in the lungs and bronchial tubes. There are many remedies suggested to relieve the cough, but those of a medicinal character nearly always derange the digestive system in some way.

Such simple remedies as lemon juice or lemon juice and honey, are sometimes beneficial. The writer has had the best results with applications of heat over the chest or between the shoulders. This can be applied by fomentations or with the hot-water bag, but should not be prolonged over fifteen or twenty minutes (as the patient will perspire and become weakened), and should be followed by a cool sponging to the chest. In case the moist heat can not be used, the dry hot flannels can be substituted. Great relief is

**Hydrotherapy** often obtained by the use of the tepid chest compress worn at night, the chest being thoroughly sponged with cool water when the compress is removed in the morning and covered with dry flannel for protection during the day. Perhaps the most debilitating of all symptoms is the night sweat, which on this account should be checked as soon as possible. The best method of doing this is by sponge baths taken just before retiring. Hot sponges have given the best results, although salt or alcohol sponges are used with good results. All forms of opium greatly aggravate this symptom, hence great care should be taken not to use cough mixtures in which it is found.

In conclusion, we would say that every possible effort should be made to sustain and invigorate the patient; have cheerful surroundings, plenty of pure fresh air and sunshine, daily exercise (not to fatigue), a good nourishing diet, abundance of sleep, avoiding all depressing influences of every sort. Give tonics in the way of electricity, baths, and massages, which will improve the nutrition and raise the power of resistance to such a degree that the disease may be overcome.

*Superintendent Portland Sanitarium.*

THE father and mother may not transmit wealth, fame, or position; they must and will transmit certain physical and mental conditions which will largely influence the child's after life.

## PRIVILEGES AND OPPORTUNITIES OF THE CHRISTIAN PHYSICIAN

BY MRS. E. G. WHITE

EVERY physician should be a Christian. In Christ's stead he is to stand by the suffering, and he should work as Christ worked, ministering to the needs of the sin-sick soul as well as to the needs of the diseased body.

The physician who has no practical knowledge of the great needs of the soul looks upon disease merely from a scientific standpoint. He trusts to his own skill. He watches with human sympathy the sufferings of the afflicted; but he can not do that which he might do did he realize that the One who gave His own life for the sufferer, even the Son of God, is watching the case with intense interest. If the patient recovers, he takes the praise, forgetting the Author of all life, the One who says: "Satan is the destroyer; I am the Restorer; I will spare you, that you may become acquainted with Me and believe on My name."



Every physician is to be a representative of Jesus, the great Physician. How inconsistent, then, for him to stand by the side of the suffering, unable to point them to the great Physician, the sin-pardoning Saviour, the Mighty One who can heal not only every physical disease, but every spiritual malady.

The physician needs to have a very close connection with God. He should be a man of earnest prayer, never losing his hold on God's helpful, strengthening power. He should look to his Saviour, saying, "I sanctify myself through the grace freely given me, that those to whom I minister may also be sanctified." If he would impart to others light and hope and faith, he should himself possess that hope which is sure and steadfast, the hope that Jesus is a very present help in every time of trouble.



The physician should reverence and study the Word of God. This Word is exceedingly precious to the receiver, for it sanctifies the soul. The physician who hides it in his heart is prepared to soothe those who are tossed by doubt and fear; for he himself knows the value of the precious promises which reveal the Redeemer's love. He can speak with assurance to the soul that is hovering between life and death. To such a physician the Lord will give great wisdom in his work.

Wonderful opportunities are given to the guardians of the sick. Knowing the Lord Jesus, it is the privilege of the Christian physician to introduce Him to the sick-room as the One who can speak peace to the soul, and give strength to the body. As he holds out to the patient the hope of restoration to physical health, he can present the wonderful comfort to be found in the Mighty Healer, who can cure the leprosy of the soul, the Lamb of God, who taketh away the

sin of the world. The physician who can not do this loses case after case which otherwise might be saved. If he could speak words that would inspire faith in the sympathizing Saviour, who feels every throb of anguish, the crisis would often be safely passed; for the Life-giver would fill the heart with a joy that would strengthen the sufferer, enabling him to look and live.

Jesus is interested in every one who is in need of His healing, vitalizing power. Would that physicians might understand the greatness of the service they could render to humanity if they were able to speak simply and tenderly of His love, and of His willingness to save souls even at the last hour of life. What a blessing, what peace, the Christian physician can bring to the sin-tortured soul who accepts the Saviour! What melody is awakened in the heavenly courts when Satan loses his prey!



The fact that the physician acts so important a part in bringing relief from suffering naturally places him where he is regarded with feelings of love and gratitude by those whom he has helped. When the sick are restored to health, the glory is often given to the physician, when it is the divine touch, the healing balm of the Saviour, that gives relief and prolongs life. If the one who has been restored gives the praise to the physician, it is the physician's privilege and duty to hide self in Christ, pointing to the compassionate Saviour as the One who has spoken the word of life. It is his opportunity to acknowledge the Lord as the worker, and the physician as only the instrument, and to impress upon the minds of those to whom the Saviour has thus given a renewal of life and health, that their lives have been prolonged for a high and holy purpose.



"Without Me," Christ declares, "ye can do nothing." He says to the faithful physician, "I will stand by your side, and as you tell those for whom you work that Christ is all in all, that He died for their sins, in order that they should not perish, but have everlasting life, I will impress their hearts." Those thus born again will be prepared to speak to others of the power of Him who has done so much for them; for of them Jesus says, "Ye are My witnesses."

The physician who is acquainted with Christ, who realizes the preciousness of undefiled religion, is indeed a representative of the great Physician. He who tells the sick and suffering of the love that Christ has for them, is a true teacher of righteousness. He bears to the afflicted soul the very balm of Gilead. What a sacred work is this! And how earnestly should physicians labor to fit themselves for it! They should make it their first business to become personally acquainted with the great Physician, that when in the sick-room, they may recognize His presence and receive His counsel.

MUCH of the suffering of this generation is the result of sin in former generations, the children's teeth being set on edge because of the sour grapes eaten by the parents.

## TOBACCO

BY THOS. J. EVANS, M. D.

THE use of tobacco, now almost universal, was unknown to the civilized world previous to the discovery of America, though the barbarians had evidently used it for centuries, as pipes are found in the most ancient burying-grounds.

The deadly nature of this plant is seen by its action on the animal creation. It contains a substance called nicotin, which is the poisonous principle. With the one exception of prussic acid, it causes death quicker than any known substance, taking about three minutes to produce its full effect. Physicians, botanists, and chemists all pronounce it one of the most deadly poisons.

Nicotin is a heavy, oily substance, which can be extracted from the dried leaf by steeping it in water. A pound of tobacco contains three hundred eighty grains of this deadly poison; and one-tenth of a grain will kill a dog in three minutes. There is, therefore, enough nicotin in a pound of tobacco to kill thirty-eight hundred dogs. A single cigar contains enough poison to kill two hundred men, if taken at once.

Tobacco, when first taken into the system, has a stimulating effect, but soon becomes a depressant. It acts especially on the medulla and pneumogastric nerve, causing relaxation and paralysis of the involuntary muscular system. Some of the results are oppression over the heart, nausea, vertigo, death-like pallor, coldness, perspiration, nervous tremor, and debility.

The effect of smoking tobacco is even more deleterious than chewing, because one of the quickest ways to get a substance into the system is by inhalation; and not only is the nicotin taken in this way, but also phosphureted hydrogen, carbon dioxide, and prussic acid.

From the time that nicotin enters the system until it is eliminated, it is in contact with the blood, changing the character of the red blood corpuscles, making the fluid more watery, and lowering the vitality of the nervous system. The gate is open to all kinds of diseases. And yet, in the face of all these facts, men say, "There is so much comfort in a good old smoke," or, "I get so lonesome without my tobacco."

How can intelligent man, made in the image of God, adopt as his friend and companion this tyrant which is driving mankind almost *en masse* into the saloon and gambling-den, which associates with all evil and sin, which creates an almost irresistible desire for strong drink, and thus drives the entering wedge of evil into a once happy home? Love and reason leave their high place of honor, while selfishness and want take the throne. It is like tearing asunder the very fibers of a woman's heart to see her loved companion resort to the saloon. Thousands of homes now broken up would doubtless be undivided to-day had tobacco been thrown out before it led its victim to the use of other narcotics, which bind him to the stake of dishonor and sacrifice him to the god of lust.

*Superintendent Eureka Sanitarium.*

## SELECTIONS

## HABIT DISEASES

HABIT diseases are becoming more and more common. Few physicians fail to meet cases of this kind. The majority are undoubtedly caused by want of caution on the part of the doctor and sometimes by the conscienceless behavior of the trained nurse.

There is a numerous class of people for whom the physician can not prescribe alcohol, morphine, chloral, cocain, and similar drugs, without the danger of starting a habit, which eventually terminates in a disease. Sensitive, weak people, full of pains and aches of a fugitive, erratic character, susceptible to the slightest fluctuations of temperature, atmospheric changes, etc., with minds always dwelling on their infirmities, soon discover that such a prescription lends them artificial, unreal strength, a deceptive feeling of well-being. They are unable to reckon the cost, and even if they were made to understand that the sense of strength and calmness, or exhilaration, is temporary, due to a physical illusion, produced at the expense of vitality, or often so reckless or so helpless, they will not forego the habit.

The doctor, therefore, can not exercise too much discretion in prescribing any drug which is likely to form a habit [or any drug for that matter.—ED.]. The patient should never know what he is taking where such remedies are used, and the druggist should be cautioned not to refill such a prescription. Neglect to take these precautions makes the doctor an accomplice in the patient's sin against himself, if he should fall into the habit of using narcotics.

A little-suspected agent in the formation of habit diseases is the trained nurse. The average doctor puts too much confidence in the nurse. Some of them are all that the most exacting physician could require. Neat, orderly, quiet, and attentive, they carry out the physician's instructions scrupulously, and his mind is at rest as to the patient's welfare. But the uniform is not *prima facie* evidence of worth and ability. There are black sheep in every fold, and occasionally we find a trained nurse who, behind the doctor's back, supplies the patient with morphia, or other forbidden drug, to spare herself the effort required to divert and sustain the patient by other means. A little judgment, with simple hygienic aids, such as rubbing, a refreshing spirit bath, a little hot broth occasionally, reading aloud, and sundry similar devices, would relieve the restless craving, without appeal to a baneful drug to stifle it.

A woman is not forced to adopt nursing as a vocation, but if she does, she should emulate the spirit of the physician, and accept and discharge its responsibilities conscientiously.—*Medical Brief*.

"THE physical and mental conditions of parents are perpetuated in their offspring."

## PRINCIPLES OF ALIMENTARY HYGIENE

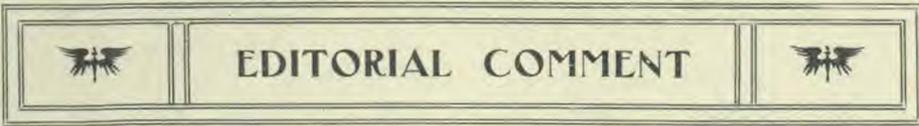
THE *Indian Medical Record* notes that human life, which ought to last a century, has now a mean duration of thirty-five to forty years, and quite agrees with Seneca's truism, "Man does not die; he kills himself," by the excessive refinements of civilization and by an unnatural alimentary regimen in which the animal food we use is not nourishment, but a continued poisoning, as proved by diminished muscular and cerebral energy next morning after a hearty dinner of all sorts of meats. Putrefaction begins the moment an animal dies or is killed, and as it proceeds more or less rapidly, produces ptomaines whose toxic effects, according to Selmi, Gautier, and Brieger, are those of the most violent vegetable poisons. Acute poisoning of alimentary origin Buchard does not treat of, but calls attention to the slow continued poisoning caused by feeding on underdone or high or pickled meat or by eating game whose toxic action is increased by excessive running or fear. And he also points out that errors of diet and excessive eating tend to shorten life and give rise to a great number of diseases, such as gout, rheumatism, diabetes, kidney and stomach diseases, diseases of the heart and vessels, rickets, asthma, and nervous diseases.

Many cardiac affections and renal and hepatic conditions are the result of alimentary intoxication due to meat eating, which also produces skin diseases; whereas a vegetarian regimen, associated with moderate muscular exercise and sufficient sleep, gives a freshness and brightness to the complexion, and conduces to good health, mental brilliancy, and longevity.—*Dietetic and Hygienic Gazette*.

THE EFFECT OF COLD ON MICRO-ORGANISMS.—Prudden has shown that a temperature many degrees below the freezing point is effectual in destroying the typhoid bacillus, but now it has been shown that no known degree of cold will destroy these and some other pathogenic microbes. A paper was read last week before the Royal Society in London, in which a number of startling experiments, by Professors Dewar and MacFadyen and Sir James Creighton Browne were reported. In these experiments, typhoid, cholera, diphtheria, and other pathogenic bacteria were submitted for twenty hours to the temperature of liquid air (310 degrees Fahrenheit), and were shown later by culture tests to be still alive.—*The Sanitarian*.

THE requirements of nature are simple; and for those with unperverted tastes, easy to follow; but many have been so changed by wrong habits that to them these requirements are extremely irksome. Many, knowing the result of nature's laws, continue wrong practises, preferring temporary pleasures, with disease, to abstinence, with health.

"PARENTS leave maladies as a legacy to their children."



### DAMP CLOTHING

MICROBES multiply in moisture, never without. While drying does not always kill germs it prevents their growth. For this reason damp corners breed disease, damp clothing and bedding increase the work of the undertaker.

At this season, when the air is so saturated with moisture, when there are so many days with little or no sunshine, it is especially important that house-keepers utilize the sunlight as frequently as possible in airing and sunning bedding and clothing. Stove heat or fireplace heat is excellent as far as it goes; but the sun's rays possess the additional advantage of being germicidal, and hence should be used, if practicable, in preference to artificial heat.

PNEUMONIA is caused by a microbe which is present in the saliva of many healthy people. It does not cause pneumonia in them, because their tissues have resisting power sufficient to prevent its invasion. One who contracts the disease has allowed his vitality, or at least the vitality of his lung tissues, to diminish to such an extent that the microbes are enabled to gain a foothold. In this, as in other diseases, prevention is far better than cure.

As a rule pneumonia begins with a "cold," but for a cold to be converted into an attack of pneumonia, there must be some of the pneumonia germs present, and even then the disease will not follow unless, as a result of the cold, or through previous unhygienic conditions, the lining tissues have been rendered susceptible to germ invasion.

### DANGERS FROM DUST

RECENTLY a committee appointed by the British Parliament to inquire into the dangers incident to certain trades reported that there is especial danger connected with those occupations that involve working in a dust-laden atmosphere, in some cases because the dust is poisonous, but often because it is irritating to the air passages.

The nasal passages in health have the property of filtering the air as it passes into the lungs, the dust particles being deposited on the moist walls of the narrow, tortuous passages. But disease of the nasal lining tissues, as a result of the continued inhalation of dust, or from other causes, may cause them to cease to a certain extent to act as a filter.

The lower air passages are provided with little hair-like processes, which by a wave-like motion drive dust and other foreign particles upward out of the lungs. These protections usually suffice for the disposal of dust as it is met in the ordinary vocations of life. When dust succeeds in passing these two rows

of sentinels, nature makes one more effort to dispose of it. The leucocytes, or white blood cells, pick up the dust particles and deposit them in the lung substance where they will do least harm. The lungs of a child are a pale pink; those of adults are nearly always darker, on account of inhaled dust. The lungs of coal miners are nearly black.

Those engaged in dusty occupations should wear some form of respirator over the nose, as a piece of moistened sponge or a bit of absorbent cotton, so arranged that as the air enters the nose it must pass through the cotton. This precaution is especially necessary when the dust may contain infectious material, as in sweeping the rooms of public buildings.

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HEALTH is natural. Disease is unnatural.

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ILL health results not from failure on the part of nature, but from violation of her laws through ignorance or indifference.

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MANY of these transmitted peculiarities may not be apparent during childhood, becoming more and more marked as the child comes to maturity, even when parent and child have been separated for years, showing that it is the heredity and not the personal influence that is the strong determining factor.

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BUT hereditary tendencies, strong though they may be, may be partly overcome by proper training.

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As a matter of fact, however, the habits which in the parents have induced certain disease tendencies, are often continued in the children, increasing in them these same tendencies; so that while the diseases of the child may be owing largely to the sins of the parents, the diseases of his later life are quite often the result of his own sins.

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“WHATSOEVER a man soweth, that shall he also reap,” is one of nature’s laws which knows no exceptions. He who indulges quietly in some health-destroying vice, thinking to deceive nature and his friends, will, some day, realize the truth of the saying that “the way of the transgressor is hard.”

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ONE who has inherited a sound constitution may seemingly violate nature’s laws with impunity; but retribution will finally come, sure and swift, scattering, like a western tornado, death and destruction in its path.

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“IN order for us to enjoy the natural appetite, which will preserve health and prolong life, God restricts the appetite.”

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“AT meal time cast off care and taxing thought.”

# SUGGESTIONS

FROM THE SANITARIUM  
COOKING SCHOOL

[This series of recipes, which were given at the Summer Class of the St. Helena Sanitarium Training School, began in the September number, and will continue until the March number. Following this will be a series of recipes by the chef of the sanitarium kitchen.—E.D.]

## MENU NO. 6

Pea and Tomato Soup,

Mashed Bean Sandwiches,

Beet Salad,

Baked Squash,

Nutlet Patties,

Steamed Potatoes with Gluten Gravy,

Red Spanish Beans Stewed,

Zwieback Pressed Pudding with  
White Sauce.

(*Recipe Menu No. 1.*)

**Pea and Tomato Soup.**—Cook peas prepared as for puree. Take one quart of the peas, one pint of strained tomatoes. Mix well. Add sufficient hot water to make the soup about as thick as good cream. Salt, and serve with croutons.

**Mashed Bean Sandwiches.**—Take cold mashed beans, season with salt and chopped raw onions. Spread between slices of bread cut thin; fancy shapes are nice. Lemon juice may be used in the beans if desired. This is nice to prepare for Sabbath dinner.

**Beet Salad.**—Take fresh medium-sized beets. Wash thoroughly. Bake or boil. Pare and slice in thin slices. Pour over them lemon juice, enough to sour nicely.

**Baked Squash.**—Wash thoroughly

summer squash. Boil whole in salt water till tender or easily pierced with a fork. Drain, cut in halves; if seeds are large, remove. Place in a baking-dish hollow side up. Put a spoonful of salted nut cream in each hollow. Sprinkle lightly with granola. Put in the oven and brown lightly.

**Nutlet Patties.**—One-half pound nutlet, two cups granola, one onion. Grind or chop the onion. Grate the nutlet. Add salt to season.

Mix all together; if too dry, add water or nut cream or strained tomatoes. Form into patties with the hands. Dip the patties into nut cream, then in sifted granola crumbs, again in the cream. Put in an oiled pan. Bake till nicely brown. Any of the nut preparations may be used. Any seasoning desired. Serve with or without a gravy.

**Steamed Potatoes.**—Potatoes may be steamed with or without the skins. Prepare the same as for boiling and place in a steamer, over boiling water, and steam until tender. Do not allow the water to stop boiling or the potatoes will be watery. When done, remove the potatoes to a bake-pan and place in the oven a few moments to make them dry and floury.

**Gluten Gravy.**—Heat one pint of thin almond cream or peanut cream and when boiling add two large tablespoonfuls gluten. The gluten should be rubbed smooth in cold water. Add one-half teaspoonful salt. Boil slowly for three minutes and serve.

**Home-Made Gluten.**—Take three cups of white flour or the macaroni flour. Add water and knead into a loaf. Place the loaf in a colander and allow cold running water to pass over it. Continue kneading the loaf in the water until the starch is all washed out. When the starch is all washed out the water will be clean. Allow the mass of gluten to drain for fifteen or twenty minutes. Then cut off very small pieces and work into little balls. Place on an oiled tin and put in a hot oven. Allow the oven to become cooler toward the last so as not to burn the biscuit. They should bake about one hour and when done will be crisp and can be crumbled in the hand. When cold, crush the biscuit with a rolling-pin. This added to gravies and soups gives a rich nutty flavor. A quantity of gluten can be prepared at one time and kept in jars ready for use.

**Stewed Spanish Beans.**—Soak one quart of Spanish beans overnight. In the morning drain and put to cook in hot water. Cover the dish and place on the stove, where they will slowly simmer. When tender, add salt. Do not cook them down dry but let them be served juicy. If water should be added, let it be boiling water. It usually takes about four or five hours to cook Spanish beans.

“If you are in constant fear that your food will hurt you, it most assuredly will.”

“NEITHER study nor violent exercise should be engaged in immediately after a full meal.”

## HINTS ON COOKING

PRICK potatoes when baking so the air can escape.

Set a dish of water in the oven with cakes to prevent scorching.

Roll potato or legume patties in crushed granose flakes, if a nice crisp crust is desired.

To make delicate fruit moulds or sauces for desserts, use arrowroot for thickening instead of corn-starch.

When cooking onions, set a tin cup of vinegar on the stove and let boil, and no disagreeable odor will be in the room.

Dried dates, figs, and raisins should be thoroughly washed and placed in a hot oven for ten or fifteen minutes. Let cool and serve.

Apples pared and quartered, covered with hot water, and cooked in a covered dish in a moderate oven, are preferable to stewed apples.

To make a creamy soup it is well to put the soup through a Chinese colander after all the coarse ingredients have been put through a common colander.



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No. 2.

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**HEALTH**  
HOW IT IS LOST  
HOW TO REGAIN IT  
HOW TO KEEP IT

In the present age disease and its attendant woes are fast becoming the rule. Especially in America, where people live at a rate which inevitably will gender destruction, there is a cry for an antidote.

Many intelligent people, however, are beginning to arouse to the fact that it is *knowledge* that is needed more than medicine, that it is only by careful study and conformity to nature's laws that perfect health can be assured. Thus we have briefly suggested the purpose of the HEALTH JOURNAL. It is to give its readers that necessary knowledge—how to live in order to regain sound health, how to live in order to maintain perfect health.

And in order that appearance may the more augment this knowledge, we have this month placed the JOURNAL in a new dress, which we think will add greatly to its attractiveness as a magazine. But to carry improvement beyond the mere exterior and superficial, we are glad to announce the cooperation of some of the greatest sanitarians of the world, from whom original articles will appear from time to time, together with many other valuable articles on the various subjects associated with and comprehended in the word "health."

This year we shall continue to publish SUGGESTIONS FROM THE SANITARIUM COOKING SCHOOL, in which will appear scientific discussions on foods, their relative values, selection, and preparation. Recipes will be given for preparing all kinds of wholesome foods, including the health foods, and especial attention will be given to dietaries for the sick and those suffering from digestive disturbances.

The QUERY DEPARTMENT deserves special mention. This section has long been established, and is conducted for the benefit of all our subscribers. Cast in the form of suggestive questions and answers, the salient points of questions

having general interest will be vividly impressed upon the reader's mind. We cordially invite our subscribers to send in questions; and answers to those of general interest will be published in this department, while those of a more private nature will receive a reply by letter.

The GENERAL ARTICLES are of such a nature that they are of great value and interest to every one. Among them will be published popular discussions of common diseases, which ought to come within the knowledge of all; modern methods of treatment, especially such as can be conveniently applied at home; articles relative to hygiene, both public and personal; exercise and physical training; diet; health in the home; in fact, every subject germane to the principles for which the JOURNAL stands, namely, a stronger body, healthier mentality, and higher morality.

Another feature which greatly enhances the value of the JOURNAL is the EDITORIAL DEPARTMENT which is devoted to timely discussions of subjects embodied in the scope of the JOURNAL. These general, together with its valuable special features, make the JOURNAL what every one interested in health ought to have, and the subscription prices are placed so low that no one need be without it.

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THE 1901 edition of “Physicians’ Visiting List,” published by P. Blackiston’s Son & Co., Philadelphia, is a boon to the professional man. It is a handsome pocket-book, in different styles and sizes, ranging in price from \$1.00 to \$2.25, with ruled leaves for from twenty-five to one hundred patients’ names, a day or week in the visiting list section, besides pages for memoranda, addresses of patients and nurses, accounts asked for, memoranda of wants, engagements, births, deaths, cash account, etc. All styles contain also a calendar, table of signs, metric system of weights and measures, table for converting apothecaries’ weights and measures into grams, dose table, asphyxia and apnoea, comparison of thermometers, a new and complete table for computing the period of uterogestation. This marks the fiftieth year of its existence.

“THE lessons given during the first years of life *determine* the future of the child,” is a truth which justly causes us to consider carefully what sort of readers are placed before the very little ones. This subject of “Readers for Children” is considered in a concise way in a pamphlet bearing that title, in which is set forth the errors of readers now in use, the importance of good literature in the schools, and how to correct the existing errors. It is designed to aid in bringing about that condition predicted by one of our greatest educators when he said that in a short time a new spirit will breathe from the pages where our children get their first and most lasting impressions. The pamphlet may be had for 3 cents apiece, 2 for 5 cents, or \$2.00 a hundred, by addressing the Battle Creek College, Battle Creek, Mich.

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## QUERY DEPARTMENT

WE CORDIALLY INVITE  
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GERMANE TO HEALTH

209. **Cream and Fruit.**—May cream be taken at the same meal with cooked fruit?

It depends upon the kind of fruit. Cream with mild fruit, will not necessarily disagree; but milk with acid fruit is a bad combination, because the acid curdles the milk.

210. **Variety at One Meal.**—How many dishes should be served at one meal to persons in good health?

People in health often differ in digestive capacity; but, as a rule, the simpler the meal, the better the digestion. Three or four kinds of food are sufficient to make a good variety. By this I mean three or four classes of food, not three or four articles. You can take three or four kinds of bread if they are of the same class, unfermented, for instance. Variety is necessary that one's taste may be stimulated properly; but too great variety is unwholesome.

211. **Substitute for Meats.**—Is there anything to take the place of nut foods when meat is excluded from the diet? Do grains, fruits, eggs, and milk contain all the necessary elements?

Many foods contain all the elements needed by the body. The characteristic of meat is the large proportion of nitrogen that it contains; but many grains and other foods have nitrogenous elements in as large a percentage as is necessary. Wheat is an ideal food, as far as chemical combination is concerned; and if in the most digestible form, it gives all that is necessary for the nourishment of the body. Bread contains all the elements of

nutrition; but one should not live upon bread alone, because it would be a monotonous diet. Granose is made from a good quality of wheat, partially digested and rendered acceptable to the most delicate stomach. It is a perfect food, which can be advantageously prescribed in nearly every case of stomach disorder. The white of eggs is almost pure albumen; and milk, lentils, peas, and beans are all highly nitrogenous foods. So it is not necessary to take either nuts or meat in order to obtain the proper amount of nitrogen.

212. **Amount of Food.**—What is a proper amount of food for a meal?

This depends upon the condition of the digestive organs, and upon the habits of the individual. If one who has grown up to be a large hearty eater, should go on a spare diet, he would soon fall off in flesh, because his system is not accustomed to economy. Others, who are accustomed to eat a small quantity, are well nourished. They are fatter and fairer and stronger than heavy eaters, simply because that is their habit.

Again, the quantity of food required depends to a great extent upon the occupation. We digest food according to the assimilating power of our tissues. When the tissues want food, the stomach digests readily. If the occupation is of such a character that all the organs are hungry and are all calling for more nutrition, the digestive organs will be stimulated to greater exertion.

A person who has a very taxing occupation can not digest so much food as a person with more leisure. It requires nerve energy to run the digestive organs. If the body is overloaded with work, especially with mental labor, all the energies will be drawn away from the stomach. One who is thus taxed will avoid dyspepsia and do the best work by eating lightly.

One who eats to feed the body, taking simple combinations of nutritive material of the right kind, and who does not worry about his stomach, will develop good digestive organs, and do good, hard work.

213. **Night Work.**—Can a student gain in his studies by working late at night?

Many students have done a great deal of night work, and seemed to accomplish a great deal, and have made a splendid showing at college; but after graduation they have never amounted to anything, because they have used up all their reserve force; and their education was entirely useless. This is the hardest class of patients to help, because they have lost their energies. There is nothing so necessary for persons who are doing heavy brain work as to have the right amount of rest and sleep. Nature has designed that not only every particle of wear should be repaired every twenty-four hours, but there ought to be a little reserve laid up in store; and this means for brain workers abundance of sleep and exercise. Some people can get along with less sleep than others; yet no student can afford to lose the hours of sleep.

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"FEW realize the power the mind has over the body."

"A BATH properly taken fortifies against cold."

---

"REMORSE for sin sometimes undermines the constitution and unbalances the mind."

---

"MORNING exercise, walking in the free invigorating air of heaven, is the surest safeguard against colds."

---

"THE proper exercise of mind and body will develop and strengthen all the powers."

---

"THE consciousness of right-doing is the best medicine for diseased bodies and minds."

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"THOUSANDS are to-day in insane asylums whose minds became unbalanced by novel reading."

---

"KEEP the power of the will awake; for the will, aroused and rightly directed, is a potent soother of the nerves."

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"SICKNESS of the mind prevails everywhere. Nine-tenths of the diseases from which men suffer have their foundation here."

---

"EXERCISE, and a free and abundant use of the air and sunlight, would give life and strength to the emaciated."

---

"GO out into the light and warmth of the sun, you pale and sickly ones, and share with vegetation its life-giving power."

---

"A GREAT deal of the sickness which afflicts humanity has its origin in the mind, and can only be cured by restoring the mind to health."

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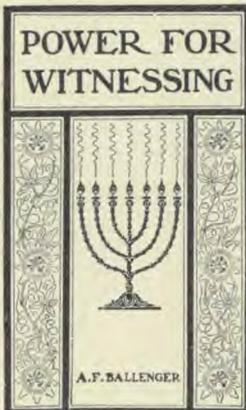
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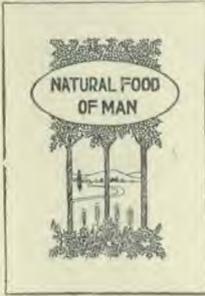
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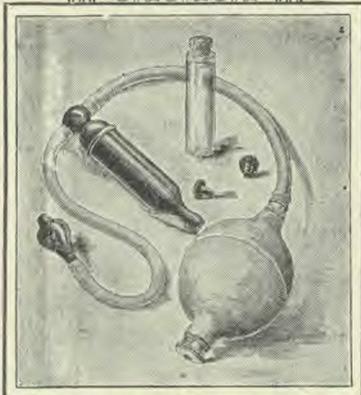
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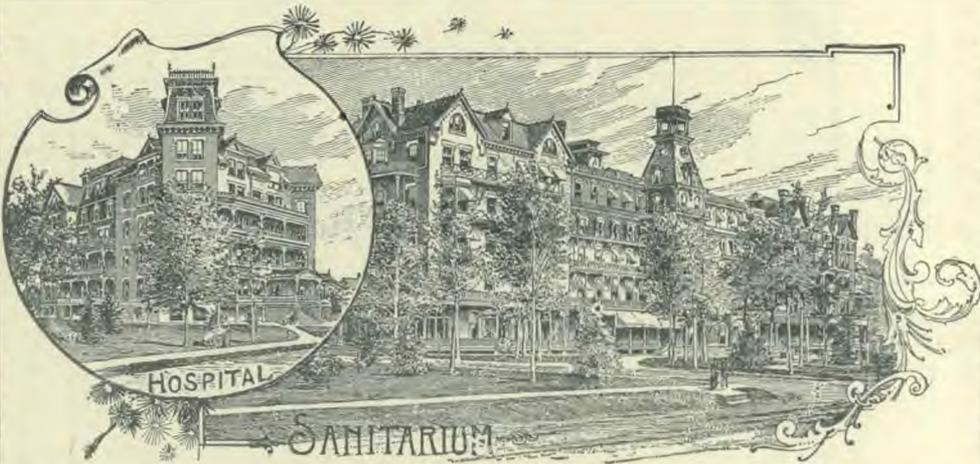
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