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*A Sound Mind in a Sound Body.*

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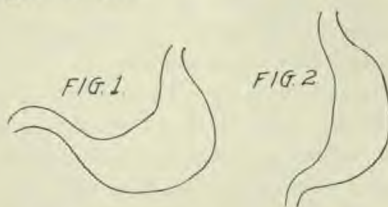
## Dietetic Treatment of Gastric Disorders. No. 3.

BY G. H. HEALD, M. D.

### GASTRIC MYASTHENIA.

WE now come to the consideration of that disease which may be called by distinction *the* disease of the stomach, for it is probably more common than any other disease. And often the other diseases are not manifested by any unpleasant symptoms until complicated by myasthenia. The meaning of the word is "muscle weakness," the disease being characterized by a loss of the elasticity and strength of the muscular layers of the stomach. The power of contraction is much diminished, and the stomach does not empty itself. It is equivalent to what some authors call a "dilated stomach." It has been customary to attempt to determine the degree of the myasthenia by ascertaining the capacity of the stomach, but this is fallacious, as a stomach is sometimes quite large without having any weakness of the stomach muscle. The practise of diagnosing myasthenia by the position of the lower border of the stomach is still more fallacious, for the lower border is dependent, not only on the size, but also on the direction in which the stomach lies, for it is sometimes nearly horizontal (fig. 1); again it takes a nearly vertical position (fig. 2). Any one can see that in the latter posi-

tion the lower border would be farther down, without necessarily indicating a larger stomach.



A more trustworthy method is to find the lower border of the empty stomach, and then notice how much this is depressed by the pressure of one or more glasses of water, the patient being in sitting or standing position. A valuable sign of myasthenia is the presence of a splashing sound when the stomach is agitated, after drinking some fluid, especially if it be two or three hours after the fluid has been taken.

As in other diseases of the stomach, there may be all degrees of myasthenia, from a slight retardation of the period of digestion, to complete retention, where the stomach never empties itself.

Prominent among the causes of myasthenia may be mentioned heredity (though this is only a predisposing cause). Mental fatigue, sudden fright, or other unpleasant mental emotion, is sufficient

to cause a temporary myasthenia—but this is usually recovered from. It often follows some serious sickness, as typhoid fever, when the patient has been on a low diet for a long time. In this condition there is often an excellent appetite on account of the entire system demanding increased nutrition. At the same time the stomach, in common with all the organs, is in a weakened condition, and overloading it at such times means disaster. It is not enough to tell a convalescent that he must not overeat. His diet should be carefully supervised until his digestive powers return to normal. Many chronic diseases, especially of the organs of the chest and abdomen, favor the production of myasthenia. And this is especially true of diseases of the stomach. The habits which most frequently cause myasthenia are excesses in eating and drinking. Persons who drink large quantities of liquid, whether alcoholic, or tea and coffee, or simply water, or who attempt to maintain their nutrition by eating very large quantities of in-nutritious foods (as cabbage, turnips, etc.) are laying the foundation for severe myasthenia later in life.

The symptoms which accompany this disorder vary with the intensity of the disease, from a little discomfort during the digestion of a large meal up to a constant heaviness and gaseous distention, with belching up of gas and some liquid. One point which is valuable in diagnoses, is the fact that fluids are, as a rule, poorly tolerated, a glass of fluid of any kind often causing as much distress as a full meal. Patients find it difficult to increase their weight, and in some cases become greatly emaciated. They are easily exhausted, either mentally or physically. In the more severe cases there may be dizziness, headache, pain over the stomach, vomiting, loss of sleep, and later on the myasthenia may involve the

bowels, causing a host of other symptoms, among which may be mentioned constipation, neurasthenia, anemia.

One of the evil effects of myasthenia is the tendency to fermentation which it induces, the consequent production of gas expanding the weakened stomach, the production of organic acids having an irritating effect on the walls of the stomach and thus tending to perpetuate the evil. So we may have accompanying myasthenia, a flatulent stomach or a foul stomach as the result of a bacterial action.

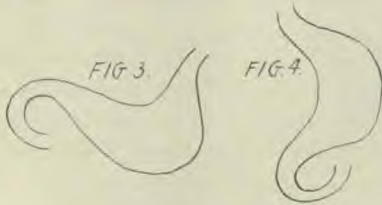
The "myasthenic," if I may use the word, must avoid liquids, except in small quantities, especially so if his gastric juice is deficient in hydrochloric acid. It is, perhaps, not best to discard the use of all liquid at meals. Meals should not be too frequent. Some will do best on three meals, the last one being light; but most individuals will do best with two meals, with an interval of seven and a half to nine hours.

The foods should be such as do not require trituration by the walls of the stomach, and they should be free from bacteria, and be such as would favor an aseptic condition of the stomach. Granola, granose, and zwieback fill all these conditions. In case there is high acidity in connection with the myasthenia, some of the nut foods, especially those made from the unroasted nut, as nuttolene, are excellent, as are also the raw nuts, almonds, walnuts, Brazil nuts, etc., provided they are thoroughly masticated.

The aim should be to supply the nutrition with as small a bulk as possible, and in as finely divided a condition as possible, until the walls of the stomach shall have regained their elasticity. To this end vegetables and fruits should not be very freely eaten if the disease is at all severe.

It is well, after every meal, to lie and

rest, preferably on the right side, for an hour or two. The erect position causes a sagging which makes it impossible for the stomach to raise the food up to the pylorus in order to force it out. The horizontal position on the right side



places the pylorus downward, and favors the exit of the food into the duodenum, but as the duodenum in this position makes a rapid bend upward, there will be no special advantage in this position unless the hand is used to aid the stomach contents in their passage downward. Lying on the right side, the fleshy part of the left hand should be placed at the edge of the lower left ribs, and gradually

pressed downward, or to the right, to the edge of the lower right ribs in such a way as to force the contents through the pylorus.

In cases of marked fermentation, however, this measure would be productive of harm, as the bacterial growth from the stomach would increase the intestinal trouble. The proper procedure in this case would be to wash out the stomach by means of a stomach tube, until such a time as the fermentation is under control, when stomach massage would be appropriate.

In the severe form of myasthenia, when the stomach is never emptied, or only empties itself a short time before breakfast, the patient would be much better under the direction of a competent physician. It may be stated, however, that simple myasthenia rarely advances to the stage of complete retention of food. As a rule, this condition is a symptom of pyloric obstruction.

## Hygiene.

BY H. S. MAXSON, M. D.

(Continued.)

IF a man or woman of healthy parentage breaks down before the age of sixty-five or seventy, it is due to improper living in some way on his part. These overdrafts may be made in various ways through the medium of digestion, excess of work being required. Especially is this true of the English-speaking people in the matter of excessive flesh-eating, and apoplexy and paralysis result. The kidneys are overtaxed, and Bright's disease results. Reliable authority places ninety per cent of cases of Bright's disease as due to this cause. In the

case of children, excess of butcher's meat is very trying to the nervous system, producing irritability and a tendency to various nervous disorders. An excess of food of the best quality, and that best suited to the needs of the system, is scarcely less injurious than a deficiency. On the one hand, even though by reason of prodigious strength the stomach may tolerate it, the liver and other glands are overtaxed and disabled, producing biliousness, constipation, and a long train of other ills.

On the other hand, a deficiency of food

results in lack of muscle and nerves and bone, which affords little resistance to the inroads of disease, and often produces dyspepsia through the lack of nerve force to digest even a small amount of food. It is possible to starve in the midst of plenty and with a good appetite, by a lack of judgment in the selection and combination of foods.

It is said by one who has given much study to the temperance question, that it is exceedingly rare to see men craving drink who enjoy a plain, nutritive diet, if continually set before them in sufficient quantity.

It may be that the overdraft is made in the way of excessive labor, and how often is this the case in this period of rush and strife! Yet how useless, for every hour above a legitimate eight or ten hours of labor which a man may require of himself, he shall pay in precious time, together with much suffering, sooner or later.

It may be that it is in the matter of sleep that this overdraft is made; and methinks in the social walks of life as well as among those whose whole time and energy are spent in strife for gain or perhaps for the necessities of life, this law of our being is broken more than any other.

The prevalence of nervous prostration among the men and women of America tells the story of this transgression; and could we see the various degrees of nervous prostration, we would appreciate the fact much more. There is no avoiding justice in dealing with nature. We may think we can do it for a time, but she will have her just recompense for broken law.

William McClure, a physician of the old school, knew his patient. He had been filling his lungs for five and fifty years with strong Drumtochty air, eating nothing but "Kirny ait meal," and drinking nothing but fresh milk, and following

the plow through the new-turned, sweet-smelling earth, or swinging the scythe, until the legs and arms of him were like iron, and his chest was like the cutting of an oak tree. He was a very sick man, but he had not sinned against nature, and he knew that nature would stand by him in the hour of his distress. So he went to work with confidence, using nature's own remedies, and Saunders was restored to Belle and his bonny bairnies.

Dr. Black, in his laws of health, makes the breathing of pure air the first; and most appropriately, for without it man can not live for five minutes. A result so quickly fatal suffices to show its importance and that it is very intimately connected with the hidden springs of life.

Pure air is the natural nourishment of the lungs. They take it and consume a part of it, as the stomach does bread. That which enters the lungs is life-giving; that which goes off from the lungs is life-destroying.

"The languor, lassitude, and disease of which thousands are daily aware, are seldom imagined to be the result of lung starvation. Strength and energy are supposed to come only through the stomach. So this much-abused organ is crowded and whipped to make it do more work, while the lungs, and consequently the whole body, are left to starve on." In this way the real cause of the difficulty is increased; for, if there is no oxygen in the blood to carry on the vital processes necessary to the digestion of the food, an increased amount of the same only serves to clog the system, causing suffering and disease.

Few realize the evil effects of re-inspired air. Aside from the question of uncleanness, the actual harm done the system is inestimable. Air once breathed is not only deprived of its oxygen, but it is laden with the most deadly poisons

One man has said that when men lived in reed houses, they were as of oak; when they lived in oak houses, they were as of reed.

Florida is losing its reputation as a cure for consumption. The reason is apparent. Those afflicted ones are no longer forced to take shelter under the grateful arms of the banyan tree, or, at best, in a tent; but are now cared for in the various health resorts, which give no better opportunity for the recovery of health than the closed houses in any other part of the world.

Dr. Barnes, in his admirable notes on surgical nursing, says: "The most perfect form of hospital, from a sanitary point of view, would consist of a fine, dry table-land or very gently sloping hillside, while

the ward fitting may consist of a hammock chair, umbrella, and a movable screen."

Of especial importance is it that the young should be provided with an abundance of fresh air, for in them vital changes are much more rapid, and the amount of oxygen needed is proportionately much greater than that required by adults.

Dr. Merrith Reaves, after giving much study to the cause of sickness and death among children in cities, concluded that the decrease of infant mortality in a location is a sure indication of the purity of the air in that locality.

These facts will be suggestive to the wise housewife of what is needed in her living and sleeping apartments.

(To be continued.)

## The Fruit Cure. No. 7.

BY G. H. HEALD, M. D.

A HOST of "functional diseases," such as *neurasthenia*, *hysteria*, *chorea*, are now known to be caused or at least to be greatly aggravated by gastrointestinal disorder. The exacerbations of these diseases—those periods when the symptoms are most severe—will be found to be connected with an auto-intoxication arising from some fresh stomach disturbance. Diminish the amount of auto-intoxication, and the disease will diminish. The use of a fruit diet has had a beneficial effect in all these cases.

Night terrors in children and nightmare in older people have a similar cause, and are amenable to the same cure.

*Rheumatism* and *gout* have their origin in stomach difficulty, and favorable results follow the use of a fruit diet. In

these conditions there is likely to be a lessened alkalinity of the blood, which is rectified by a fruit diet. It is popularly supposed that fruits decrease the alkalinity of the blood, but as a matter of fact the alkalinity of the blood is increased by a fruit diet.

In *diabetes*, fruit is especially valuable. Starchy foods or sugar in the form of glucose increase the amount of sugar passed by diabetic patients. It has been observed that fruit sugar can be taken to the amount of three ounces daily, without causing any increase in the output of sugar. The ordinary diabetic diet is meat, eggs and milk, with vegetables containing no starch. Almond flour and gluten are also used. The patient soon tires of these; and, moreover, the excess of

nitrogen is almost sure to be followed by decomposition and auto-intoxication. If, as is generally supposed, derangement of the liver is the cause of diabetes, the abnormal increase of the work of the liver on account of the auto-intoxication would naturally tend to increase the diabetic symptoms. Fruits can be used freely. They give variety to the diet, and furnish the much-needed carbonaceous elements without increasing the sugar. They tend to diminish gastro-intestinal decomposition, and hence take work off from the liver, so that it is better prepared to attend to its function of storing up the sugar until it is needed.

Give the patient all the water he wants, feed him freely on fruits; they increase the alkalinity of the blood, and this favors

oxidation of the sugar. Give him nitrogenous foods in the form of gluten gruel or mush, gluten biscuits and nut foods. If he is vigorous, have him exercise; if feeble, keep him in bed.

In *Bright's disease* the albumen is being passed off from the body, while some of the poisons are being retained. The kidneys are crippled; the indication is to diminish the loss of albumen and to flush out the kidneys and then get rid of the accumulated matter which prevents their free action. With a fruit diet there are less ptomaines from intestinal absorption, and less extractives from the meat, and hence less work for the liver and kidneys. The fruit also acts as a slight diuretic, causing the passage of more fluid, and thus acting as a flush to the kidneys.

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## Underwear.

BY MRS. ADELAIDE A. MORAN.

**A**N ideal health costume has every inside garment as well as every outside garment properly adjusted. It is impossible to be comfortable when some undergarment is unduly pulling or pressing any part of the body. All clothing should set so lightly that we become unconscious of it. The garments worn next to the skin may exercise much influence on the health. The material selected for them should be in accordance with the climate and the health of the wearer. It should be porous, to allow the free circulation of the air. That which absorbs moisture readily is cooler. Linen, cotton, and silk are better absorbents than wool. However, some people find it advantageous to wear wool the whole year because of their extreme sensitiveness to cold: Linen mesh is a material of recent manufacture which

usually gives good satisfaction, but is rather expensive. White or gray underwear is better than black. Black material absorbs all of the light rays so they do not reach the body. A woman clothed in black throughout must be in about the same state of health as a plant growing in a dark cellar.

Many habitually wear too much underclothing, thinking they will take their "death o' cold" if any of it is removed. Others wear many garments because it is customary, without thinking whether they are needed. The body should not be clothed unnecessarily, thus wasting its strength and vitality in carrying the weight imposed upon it. It is our privilege to feel as happy and free as the birds, and though we may not fly, the chains binding us to *terra firma* should be as few as

possible. The woman wearing twenty pounds of clothing can not trip along so gaily as her sister who carries only five pounds.

As to pattern, the union suit is preferable. The separate vest and drawers are objectionable in that they make a double thickness about the abdomen where the extra warmth is least needed, and where they may cause harm from overheating, producing congestion. The lower garment is usually suspended by the hips and soft part of the body only, thus having a tendency to drag down the internal viscera. In the union undersuit, the weight is more evenly distributed, the shoulders bearing, perhaps, the larger share.

For cold weather, the undersuit should

come well up around the neck, affording protection for the chest and back, and being an excellent preventive of colds. It should reach to the ankles and wrists. When the extremities are too thinly clothed the cold contracts the blood-vessels, checking the circulation and causing much discomfort.

All garments worn next to the body should be kept scrupulously clean. The skin is continually throwing off impurities which if allowed to collect on the clothing, will be reabsorbed and necessarily overburden some other eliminative organ. No garment worn in the daytime should be worn at night. The air should be allowed to circulate freely through all clothing at least a part of every twenty-four hours.

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## Dietetic Habits and Temperance.

BY DAVID PAULSON, M. D.

THE question is often raised, How often should children eat? In answer to the same it might be said that a child of four or five years of age would generally be better off with two regular meals a day and then have a light supper, than to be strictly confined to two meals.

For grown people who are more or less sedentary in their habits, two meals a day are certainly better than three. If children who are very active have only two meals a day, they become ravenously hungry and are likely to overload the stomach. Yet there are a great many people who would be wonderfully benefited by the two-meal system.

It is not right to take a heavy meal just before going to bed, as is the habit of so many. It is a wicked practise and must be repented of afterwards, as it results in suffering, trouble, and immorality. There

are many children who are ruined by being brought up in that way. The seeds of immorality are sown in a wrong diet and must be reaped by-and-by. There are thousands of good women who are doing good work in the temperance reform, while their children at home are being ruined by an unwholesome diet, including mustard, pepper, pepper-sauce, and other things which tend to create a thirst which the town pump can not satisfy—they are acquiring a thirst which can only be satisfied at the saloon. That is the outgrowth of natural law. It is time for us to understand that temperance reform must include diet reform. I have known of cases of inebriety for whom prayers of fond mothers were sent up to God that they might be restored to them sound in body and mind. Skill of physicians was tried. After being placed upon

a non-stimulating diet they soon lost their appetite for liquor, and they couldn't understand it, as they had had such a hard time trying to control their thirst for strong drink, and they promised that they would never drink liquor again; they could go by a saloon and never think of such a thing as taking a drink. They went home; their parents "killed the

fatted calf," served up a regular hotel meal for them, and then the taste for strong drink was revived. I recall the case of a boy who had been reformed. After taking such a meal as this, he was found drunk in the gutter within forty-eight hours after the meal. All true reforms must include diet reform, or they will not reach the root of the trouble.

## Seasonable Hints.

BY G. H. HEALD, M. D.

AS the days grow shorter and the weather more changeable, more care is necessary in order to avoid taking cold.

"Winter cough" may be avoided by care; yet many persons contract a cough at this time of year, to be carried until the warm weather returns.

1. The skin should go through a training or hardening process. This is best accomplished by means of a cold spray taken on rising in the morning. A cold sponge bath or hand bath does fairly well; but the great advantage of the bath comes from the suddenness of the impact. The water should be quite cold, the exposure brief, and the friction following it should bring out a glow over the entire body. As the skin becomes hardened, the length of the exposure can be gradually increased, and the temperature decreased until an excellent reaction is established.

2. Be sure the feet are warmly clad. Do not use thin shoes. Woolen stockings are better than cotton. Never allow the feet to remain damp. If they become damp, get them dried at any cost.

3. If you are in a climate where there is a marked difference between the noon and evening temperature, always have

extra wraps to put on as it begins to cool off. Persons frequently catch cold as a result of change in the weather, without feeling any sensation of cold. It is not always safe to wait until you feel cold before adding wraps.

4. Flannel is much safer than cotton at this period of the year, and should always be worn by those who are susceptible to colds.

5. An excellent method of stopping a cold in its incipiency is to spray the nose or throat or both by means of a glymol or albolene atomizer with a solution composed of camphor, 1 dram; menthol, 1 dram; rubbed together until they form a liquid, then added to albolene 2 ounces. If taken at the *very beginning*, when one first experiences dryness of the nose and irritation, or when one begins to feel a little rawness in the throat, and to hack slightly, one application will cause the unpleasantness to cease; and if the dose is repeated at frequent intervals, the cold will be driven out altogether.

The trouble is that most people do not pay any attention to a cold until it has run twenty-four hours or more, and the nose is discharging freely. At this stage the cold is not stopped so easily, but it



may still be cured if the treatment is persisted in. Alternate hot and cold applications over the nose or over the throat, according to the seat of the difficulty, will also be found very effective.

In later stages, the above treatments can only act as palliative, as the cold will have to run its course; but they should be given, nevertheless, in order to lessen

the severity of the cold, and to prevent its becoming chronic.

For an acute inflamed throat, nothing is better than steam inhaled as hot as it can be borne, with or without the addition of tincture of benzoin to the water; but after the use of steam in this manner it is not wise to go out into the cold air for some time, as one is likely to catch more cold.

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## Self-Government.

BY E. W. ALSBERGE.

DEAN FARRAR has said, "The secret of all happiness, of all nobleness, of all true success, is self-mastery, self-possession."

By self-government is not meant the ability to control merely the outward expression of the emotion. It matters not if one show pain on receiving a sudden wound, or start upon hearing an unexpected cry. Self-government goes deeper than a stoical reserve. It has to do with the laws that govern the inner self—the man. Every well-regulated engine has a governor to preserve uniform motion. Just as truly, every well-regulated man has a governor to preserve, not only uniform motion, but also uniform motives.

But man himself is his own governor. A wise Creator did not construct us as engines, to be fed and automatically run until the fuel is exhausted. But by placing before man the power of choice, He has made it possible for him to attain to that perfection of character that will make him perfect even as He is perfect.

That a man may be his perfect governor he must grow daily. It is the tendency among all, especially the young, to feel that about every so often we are

justified in relaxing our diligence; and for a time we give ourselves more freedom than we are wont to. Not that we should have no relaxation from work, nor a change of study for the mind. We demand rest. A recreation is simply a recreation, and fits us the better to work, gives us new impetus to accomplish our task. But the stepping from the straight line of duty, the insult to principle, tho but for a day, is what weakens even the desire for self-government; while, on the other hand, a victory gained over self makes the next the easier.

Someone has divided the world into three classes: Those who are in absolute slavery to self, those who are continually engaged in an uncertain struggle with self, and those who know what it means to be masters over self. In the first class we find the sad objects in the slums of earth's cities; in the second, the great majority of mankind. To-day a victory gained, and with it some strength acquired; to-morrow, a battle lost; a constant surging of the soul, a slighting, an abuse of principle, a vacillating character.

To every one is it possible, to every

one is it the grand privilege, to become a life member of that noble body of royalists—the kings and queens who sit enthroned over their own selves. It is written, “He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.”

Too much can not be said about forming right habits. The fact that our lives are made up of habits can not be too deeply impressed upon every mind—right habits of thinking and doing.

To be successful, one must have a set purpose to work for, and must let nothing swerve him from it. Paul, one of the greatest of self-governors, said: “To will is present with me, but to do is not. So the good which I would, I do not; but the evil which I would not, that I prac-

tise.” This has been the experience of every one engaged in the struggle for self-mastery. Fixing one’s whole attention and will power upon one fault, with a determination to overcome it, is fruitless. Victory is not gained by a study of self. Christ showed the folly of this when He asked the almost ironical question, “Which of you by taking thought can add a cubit to his stature?”

By centering the mind upon imperfection, it becomes even more imperfect. It is the great principle, by beholding we become changed. Then let us so fill the mind with work—work to an end—educate, daily educate our minds by contemplating the noble, the good, that the self-government will be daily accomplished.

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## The Doctor’s Lot Not a Happy One.

AN exchange quotes the following humorous comments upon the “Pleasures of a Doctor’s Life”:

“If he visits a few of his clients when they are well, it is to get his dinner; if he does not do so, it is because he cares more for the fleece than the flock. If he goes to church regularly, it is because he has nothing else to do; if he does not go, it is because he has no respect for the Sabbath or religion. If he speaks to a poor person, he keeps bad company; if he passes them by, he is better than other folks. If he has a good carriage, he is extravagant; if he uses a poor one on the score of economy, he is deficient in necessary pride. If he entertains, it is to soft-soap the people to get their money; if he does not, he is afraid of the expense. If his horse is fat, it is because he has nothing to do; if he is lean, it is because he is not taken care of. If he drives fast,

it is to make people believe that somebody is very sick; if he drives slow, he has no interest in the welfare of his patients. If he dresses neatly, he is proud; if he does not, he is wanting in self-respect. If he works on the land, he is fit for nothing but a farmer; if he does not, it is because he is too lazy to do anything. If he talks much, ‘we don’t want a doctor to tell everything he knows;’ if he does not talk, ‘we like to see a doctor social.’ If he says anything about politics, he had better let it alone; if he does not say anything about it, ‘we like to see a man show his colors.’ If he visits his patients every day, it is to run up a bill; if he does not, it is unjustifiable negligence. If he says anything about religion, he is a hypocrite; if he does not, he is an infidel. If he uses any of the popular remedies of the day, it is to cater to the whims and prejudices of the people

to fill his pockets; if he does not use them, it is from professional selfishness. If he is in the habit of having counsel often, it is because he knows nothing; if he objects to it on the ground that he understands his own business, he is afraid of exposing his ignorance to his superiors."

"There is food for reflection here. There are physicians and physicians, yet the laity, devoid of professional knowledge, can not be expected to discriminate intelligently between the earnest practitioner and the charlatan. Many a prac-

titioner is compelled to navigate 'between the devil and the deep sea.' With the most honorable intentions and the most transparent sincerity of purpose and conduct, he must be subjected to misinterpretation and abuse. The science of medicine is to-day placed upon too high a plane to be injured by the assaults of ignorance, and the superstitious regard for Christian Science (*sic*) and other vagaries of the human mind which control the thoughts of an almost incredible number of the laity, vitiates all criticism of scientific achievement."—*Medical Standard*.

## Cultivation of Disease.

BY DAVID PAULSON, M. D.

DISEASE is secured in many instances by a process of cultivation in the same way as many receive a wrong education. We are all subject to disease, and we get it unconsciously, it may be true, in many instances, but that is the case with much of the wrong education. A man goes through the treadmill routine of his ordinary occupation. He eats an infinite variety of things, some of which should have been buried in the graveyard instead of his stomach. His sedentary habits allow the poison of the body to accumulate, and the same indifference allows him to be content to have his house in the most unsanitary condition, so when spring comes he is compelled to spend for drugs or coffins for his children that money which should have been expended in securing healthy surroundings and a proper ventilation and a wholesome diet. The lack of these things accounts largely for the great mortality among children. About one-half

of all the children born into the world die before the age of five. The dosing of children with dangerous and unknown drugs is responsible for much of this. While Herod has slain his hundreds of children, Mother Winslow's Soothing Syrup has slain its thousands. It is really surprising that so many children live, when we consider the circumstances under which they are compelled to exist, especially in the large cities. The sad condition of these children is recognized by some of the publishers of the prominent New York and Chicago dailies, who provide the means by which a large number of these children may have an opportunity to get into the country and breathe the pure, fresh air uncontaminated by the unnatural conditions of city life.

To emphasize the fact that unfavorable environment, rather than the mysterious dispensation of Providence, is largely responsible for disease and death, attention need only be called to the fact that in one of the large Eastern cities six

hundred infants die in summer, while only one hundred perish during the same length of time in winter. Men and women are needed who are willing to devote their lives to sowing the seeds of right living. The mothers of these unfortunate children love them just as much as do those who are situated under more favorable circumstances. I have seen some of the most pathetic examples of affection in the very slums of Chicago, which thoroughly satisfied me that these mothers love their children, and that they have no idea that sending them to the garbage barrel to secure their food is the means of destroying them; but, as a matter of fact, the food in the garbage barrel in the rear of the houses of the rich is only a few hours older than that which is served upon their tables, and it is the same food that produces disease in both classes. In one case, the food begins to decay in the stomach, and in the other, it begins to decay in the back yard. All classes of society are vying with each other as to the most rapid and surest method of securing physical decay. In these ways the system is weakened and rendered susceptible to disease, for germs flourish only in a soil that is prepared for them. This law holds good throughout the entire vegetable kingdom. I might sow corn or wheat upon a smoothly-polished floor, and it would not grow on account of the lack of suitable soil; but if the same seed were sown in the garden, there would undoubtedly be a luxuriant growth. The germs of tuberculosis only flourish in a soil prepared for them

by wrong habits. The human organism must be trampled upon and weakened and its life and vitality crushed and diminished before germs can get a firm foothold, and when this is done, they multiply rapidly. Mold, which is a kind of germ, does not grow upon apples while hanging upon the tree. Moss does not grow upon the trunk of a green tree, but upon the bark of a decayed one. Slime gathers upon the stagnant pool, but never upon the sides of the artesian well. All that separates the germs that enter the lungs by the air we breathe, and the blood that circulates in the human body, is a membrane about one-twentieth the thickness of common writing-paper. If school-boys understood this, they would be more anxious to breathe pure air than an atmosphere so saturated with cigarette smoke as to pave the way for serious disease.

I was talking with a janitor while he was sweeping a great cloud of dust out of a church, and I endeavored to show him the danger he was incurring; for it was no safer because it was in a church than it would have been anywhere else, as the laws of nature can not be broken under any circumstances with impunity, for they demand strict obedience. After listening to me for a moment, he said: "I have been doing this for twenty years, and it has not hurt me as yet, and I guess it will not hurt me now." This only illustrates the indifference that is apt to be manifested when sentence against evil works is not executed speedily.

---

"LIKE warp and woof all destinies  
Are woven fast,  
Linked in sympathy, like the keys  
Of an organ vast.  
Pluck one thread, and the web ye mar;  
Break but one  
Of a thousand keys, and the paining jar  
Through all will run."

THE weather at St. Helena during the past season has been remarkably cool and favorable. The record of the temperature for the month of August gives a minimum temperature of 50°, and a maximum temperature of 88°. There were only three days during the month in which the thermometer went over 80°.

# Anomalies of Vision.

BY G. H. HEALD, M. D.

IN order to understand the nature of errors of vision, and the correction, it will be necessary to enter briefly into the mechanism of vision.

The eye is a camera which forms upon the retina an image of objects in front of the eye. The necessary parts of a camera are a dark chamber, a screen to receive the image, and a lens to form the image. In photographing a landscape, parts of the picture will be more distinct than others. If the camera is adjusted so that near objects are distinct, far objects will be blurred, and *vice versa*. In order to take a picture at very short distance the photographer draws out the bellows of his camera, thus lengthening the dark chamber. To take pictures at a distance, he shortens the dark chamber. By looking at the ground-glass screen at the back of the camera, it is very easy to determine just how much to draw in or out the bellows in order to procure the clear-est image.

In the eye there is no means of lengthening or shortening the dark chamber. Focusing, or, as it is usually called, *accommodation*, is accomplished by changing the curvature of the crystalline lens. When the muscles governing accommodation are at rest, the lens is flattened so that the objects at a distance are seen distinctly.

The *far point* of an eye is that point which will produce a distinct image on the retina without any accommodation effort. The *near point* is the nearest point that will produce a distinct image with the greatest effort of accommodation. In normal eyes the far point is infinity.

When the muscles of accommodation are in action, the crystalline lens has a greater curvature, and objects near at hand are seen distinctly. This adjust-

ment for near objects is called accommodation.

Eyes are often faulty on account of being too long or too short, front and back. If too short, no object can be seen distinctly, except by accommodation; and when much too short, the accommodation power may not be great enough to produce distinct vision even for distant objects without the aid of convex lenses. When the eyeball is too long, objects at close range are in focus; and no adjustment of the eye can make distant objects appear distinct. In this case the only remedy is the use of concave lenses.

There are other disturbances in vision caused by the fact that the front surface of the eye is flatter in one direction than in the other. That is, in place of being perfectly spherical, the front part of the eye is something like an egg-shell in contour. This condition is known as *astigmatism*, and can only be corrected by means of a glass having a sharper curve in one direction to correspond with the flattened surface of the eyeball.

Astigmatism may, or may not, be complicated with far sight or near sight. In cases involving astigmatism with either far or near sight, glasses should be provided which will correct both difficulties.

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## SYMPATHY.

ASK God to give thee skill  
In comfort's art,  
That thou mayest consecrated be,  
And set apart  
Unto a life of sympathy;  
For heavy is the weight of ill  
In every heart,  
And comforters are needed much,  
Of Christlike touch.

—A. E. Hamilton.

# Creating Appetite.

BY M. ELIZABETH BURNS.

AT a recent meeting of Ohio liquor men, the president of the State Association of Brewers addressed the meeting somewhat as follows, on the subject of creating appetite:—

“Gentlemen, our customers die, and the ranks must be recruited lest our coffers soon be empty. Gentlemen, we must create appetite. Nickels spent now in treats for the boys will come back by and by in the shape of dollars, with compound interest, when the boys and their appetites are full grown. Let us do missionary work, then, gentlemen. Do not be afraid to spend the nickels; create appetite.”

Infamous council! Fit words for the arch-fiend himself! Yet they do but recognize the operation of universal law. All things come by process. Bearing this fact in mind, is it not well that Christians inquire by what process men find themselves possessed of an affinity for that which is neither a food nor a drink, and which satisfies no want of the human system?

The temperance question is primarily a question of appetite. Legislators may enact measures for the regulation and control of the liquor traffic, but the root of the difficulty lies in the perverted human appetite that makes a man to desire the vile product of the still.

Well enough to restrict the plague, to keep it within prescribed limits, to purge it out if possible, but better yet that there be no plague to regulate.

It is certain that the appetite for spirituous liquors never seized a man in a day. Like all other phenomena of life, the physical appetites obey natural law; they are the products of definite, formative processes just as certainly as are any other facts of existence.

Hear, then, the principle: The power of alcohol and nicotine over human beings has its basis in the affinities, already existing with them, for certain other stimulatives of like nature.

It is admitted that the tobacco user is much more susceptible to alcohol temptation than the man who is tobacco-free. To be sure, the tobacco habit does not inevitably lead to the use of alcohol. But the per cent of liquor drinkers who are not tobacco users, also, is exceedingly small.

And in the history of the development of the two appetites in the same individual, we believe it is commonly true that the tobacco taste is first formed.

But it is not upon the inter-dependence of these two habits alone that the affinity depends. This is but one phase of the question. Were morbid appetite confined to these two poisons, many might remain entirely safe.

Granting that the tobacco taste forms a fertile soil for alcoholism, where does the liking for the tobacco poison originate? Surely it is not God-given—one of the legitimate desires for wholesome, strength-giving products of Nature. How then is it acquired?

Moving by a descending scale of appetite, what things in our dietary, by their inherent nature, or because of unwholesome modification, may be said to induce the craving for those acknowledged stimulants, alcohol, opium, tobacco, etc?

Plainly, other stimulative and irritative foods. Shall we enumerate? Sanitarians say, tea, coffee, spices, condiments, flesh foods, further, all highly-seasoned compounds, including rich pastries, puddings, gravies, sauces, etc. Finally, all products of fermentation, as vinegar, cheese, and yeast bread.

Scientific temperance affirms that in such a dietary is laid the foundation for that insatiable craving which, growing more and more depraved, finally rejects all simple, natural foods, and finds satisfaction only in the things that burn and destroy.

The power of such an appetite to lead astray is only measured, on the one hand, by the temptation offered to it, and on the other, by the moral force exerted to withstand its demands.

Do you ask what a man *may* eat and drink, then? What has he left for the satisfaction of hunger and the impartation of strength? The deep springs of earth reply: "Come ye to the cool waters and drink health to your souls." Field and garden answer: "Thou shalt eat of the good of the land, and be satisfied." Orchard and vineyard offer all their luscious store, and say: "Here is sweet to thy mouth, and health to thy countenance; take thou and eat."

## Ivy Poisoning.

THE season for ivy or oak poisoning is now at hand.—*Eclectic Medical Journal*. The nature of this species of poisoning has always partaken somewhat of the mysterious, and it has been the subject of much speculation. It has been customary to attribute the deleterious effects to emanations from the living plant; later, Professor Maisch announced a volatile substance of acid character as the offender, and named it "toxicodendric acid." Finally, with more probability of having arrived at the truth of the matter, an oil has been isolated, and this, even when purified, excites exactly the same form of dermatitis as the growing plant. This discovery was made in 1895 by Dr. Plaff, of Harvard University. It is present in every part of the ivy plant, and even the dried wood retains it. It has been named "oxicoendrol," and is in reality the only tangible substance found to which may be attributed the toxic effects of the vine. Alcohol freely dissolves this oil, but water, as with oily bodies, does not, nor does it wholly remove it from the skin; hence the reason why washing, after contact with ivy, does not prevent the appearance of the character-

istic eruption. Experimentation has shown that if the oil be placed upon the skin and immediately removed with alcohol, but slight effects are observed. The longer the interval, however, the more pronounced the effects become. In all the effects were less marked than when no such treatment was given.

Sugar of lead (lead acetate) has long been a favorite agent for the relief of this trouble, but as it has most frequently been applied with water, it has often failed to give relief. It has now been shown that a solution in weak alcohol (50 to 75 per cent) gives immediate and permanent relief.—*Medical Standard*, August, 1899.

### TO MAKE LIFE PAY.

IF one poor struggling toiler o'er life's road  
Who meets us by the way,  
Goes on less conscious of his galling load,  
Then life indeed does pay.

Though all sweet things are missing from  
our lot,  
Wherein all woes are rife;  
If to some other we our joy have brought,  
We should thank God for life.

—Ella Wheeler Wilcox.

## PACIFIC HEALTH JOURNAL

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

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

### TYPHOID FEVER.

AT this time of the year any fever beginning with general weakness and indisposition should be looked into as possibly a case of typhoid. In all such cases the safe rule is to treat for typhoid until you are sure it is not typhoid. The general treatment for typhoid may be said to be:

1. Liquid diet—no solid food whatever—nothing that might disagree with the patient. Milk, though very much used, is not so good as a dietary consisting of thin strained gruels and fruit juices.

2. Patient in a horizontal position, and *kept there* until the temperature has been at normal for a week or more.

3. Applications of water—sponging, hot or cool; compresses to bowels; ice bag to back of neck; full bath at 65° to 75° when necessary to control the temperature and favor the multiplication of the white blood-cells, which act as defenders of the body against germs and their products.

4. Maintaining a clear condition of the lower bowel by daily enemas, to which may be added soap-suds if there is a tendency to impaction, or permanganate of potash sufficient to produce a wine color in case of much intestinal decomposition.

Much better than the cure of typhoid fever is its prevention. To this end all suspicious water should be boiled before using. In fact, no harm comes from boiling *all* water, whether it be suspicious or not. An old adage says, "Better be sure than sorry." In cases of epidemic everything should be cooked, including

fruits, as the germs might get on to the foods from the hands of persons handling them.

### CHARACTER IN A HAND-SHAKE.

THERE are as many distinctive characteristics as there are people in the world. No two people are alike in either face, form, or personality; yet there are certain distinctive features which apply to the race as a whole, and there are others which divide the race into classes. We can see character depicted in a man's walk, in his speech and his dress, and also in the manner in which he takes your hand.

It does one good when he meets a person, to feel a strong, steady grasp of the hand. It seems to be an expression of hearty good-will on his part, and we pass on conscious of strength and power in the sympathy shown through the medium of a hand-shake. The influence begets pleasure and confidence, and has its uplifting, encouraging effect.

On the other hand, we meet people whose hand-shake shows us, by reason of its formality, a lack of friendly warmth. There is nothing more repelling than to have some one merely touch our hands with the ends of two or three fingers. Such a hand-shake has with it not the least feeling of expression. It either signifies an absence of friendship or an absence of character.

Hand-shaking is governed very much, as are all the factors of our social life, by the real feeling of the heart. No one can be truly cultured who does not possess towards mankind in general a kindly, sympathetic heart. If we are interested in people's lives, it will manifest itself in kindly thoughts and acts, and will especially be shown in the manner in which we clasp the hands of our friends.

E. S.



## PATENT MEDICINE.

THE following quotation from a circular issued to physicians by the proprietors of a very popular drug preparation embodies in brief language the modern conception, or misconception of disease, and hence will repay perusal:—

"There's not much comfort in a name. The patient doesn't care whether its dyspepsia, dys-entery, or dys-menorrhœa. If there's pain, that's enough for the patient. And if there's ——— Tablets, that's enough for you. The headache, neuralgia, or bilious? the backache, muscular or spinal? No matter. If there's pain, relieve it. Pain is often all there is to it. Check the pain, and you will cure the patient."

But this process is simply cutting off the branches in the hope that it will kill off the roots. Be assured, if there is pain there's a cause for it; and the only safe way to cure the pain is to remove the cause. It would be better to say, "Cure the patient, and you check the pain."

In the case of this remedy, it is said on good authority, that if taken in anything but the smallest quantities its effect is to destroy the red blood corpuscles. It would seem, then, that checking pain with its aid, is "jumping from the frying-pan into the fire."

## SIMPLICITY IN DIET.

DOCTOR KELLOGG, of the Battle Creek Sanitarium, says that when he has an unusually large amount of work to accomplish, he places himself on a diet of fruits, in order that he may not tax his digestive system, and thereby draw vital force from his brain.

Fruits require very little digestive action. One might say that the digestive juices will be poured out anyway, whether the food requires it or not; but this is not strictly so. The gastric juice is secreted much faster and in much larger quantity

when foods like meat and eggs are eaten, than when fruit is eaten. Meat calls the stomach to increased action; and for neurasthenics, or for individuals who want to use all their available brain force for the accomplishment of a certain purpose, it is necessary that the diet be unstimulating.

It is especially desirable that it be not excessive in quantity, for any excess calls for an increase of secretion and muscular work in the stomach. Moreover, germs have a better chance to gain a foothold and produce poisons; so that in case of overeating, more nerve force is taken from the brain, and the nerve cells are poisoned by the bacterial products which have been thrown into the blood as a result of the excessive meal that has been eaten.

I find for myself that Dr. Kellogg's plan is an excellent one.

## FEATHERS AS ORNAMENTATION.

AN association of ladies has recently been formed in Oakland for the purpose of discountenancing the destruction of birds to be used in the ornamentation of hats.

We shall hail the day when public sentiment shall turn against the wholesale slaughter of our winged songsters in order to gratify a senseless pride.

It not only robs us of the presence of our feathered friends and their music, but it destroys one of the greatest enemies to the insect pest; and sooner or later we will have cause to regret that more stringent laws have not been framed to protect the birds.

## A TRAVELING OCULIST.

IN the September JOURNAL a statement was made regarding the wiles of the traveling spectacle vender. An instance of the kind has since been brought to our

notice. A lady had a fine pair of gold glasses fitted by a competent oculist, which had cost her \$20. A traveling "oculist" came along that way and persuaded her that they were not a perfect fit, and gave her a pair of cheap plated glasses in exchange for the others, charging her \$3.00 for the exchange. His pair did not fit any better than the others, and soon the plating came off, giving the frame a decidedly cheap and untidy appearance. This pair of glasses probably cost the vender less than twenty-five cents; and for that he got a good gold pair of glasses and \$3.00, and she was out \$23, for the new glasses were of no use to her.

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#### SOME POPULAR ERRORS.

It is generally supposed that desserts should be served the last thing at a meal.

This is improper for several reasons. Desserts are often of a starchy nature, and, in order to be handled to the best advantage by the stomach, they should, if eaten at all, be eaten the first part of the meal, before the stomach has had time to secrete a large amount of acid. As is generally known, the acid of the gastric juice, which begins to appear during the first half-hour of digestion, stops the salivary digestion of starch. It is best to take starchy food at the beginning of the meal, and in a form that will compel mastication. For this reason soft puddings are objectionable, in that they can be swallowed without much mastication, whereas, from their starchy nature, they need considerable mastication.

Another objection to the use of desserts at the end of a meal is that they are eaten after the appetite is appeased for everything else. In other words, they are eaten after the stomach has already had enough. Taken at the beginning of a meal, and

followed by the plainer foods, there would be much less tendency to overeat.

The little child calls for dessert at the beginning of a meal, and very probably it is refused. It prefers to begin on those foods it likes best, and it is right. Give it those foods first, and it will not overeat on the others.

Fruits, if mild in character, are best eaten at the beginning of the meal, as they are not then taken after the stomach is already loaded to its full capacity for good work. Sour fruits, if taken at the same meal with starchy food, are better eaten toward the end of the meal, in order that the acid of the fruit may not be a hindrance to the starch digestion.

Such dishes as apricot toast, plum toast, etc., and puddings which combine an acid with starchy food, are poor combinations, especially with those who have difficulty with starch digestion.

A good plan would be to eat all starchy food, including puddings, if eaten at all, early in the meal, and to take acid fruit at the end of the meal. The mild fruits might be eaten at any time during the meal.

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#### TEA AND RHEUMATISM.

THE habitual use of tea and coffee, so common among people in America, is, without doubt, one of the causes which give rise to rheumatism and similar diseases, which affect so many people. Rheumatism, in its chronic form, is one of the worst diseases that we have to treat, and more often leaves crippled results in the system than any other common disease.

It is an every-day occurrence to meet people who can not forego the morning cup of tea or coffee without suffering severely from headache during the day. The thein and caffenin of these beverages are just the stimulants they think they

need to keep them up, yet they are taking into the system simply a poison; and the headache which occurs in its absence is but the irritable nervous system crying for more of its benumbing influence.

Thein and caffein have long been known to be allied to uric acid. They have exactly the same chemical formula as one of the waste products which result in the breaking down of tissue in the body. It is this nature that makes it a stimulant; but it will very readily appear that the habitual use of these beverages must necessarily become a cause for the storing up in the body of uric acid, urates, and allied products; and these are just the materials which lay the foundation for chronic rheumatism and various other pains and disorders, which have their foundation in the so-called uric acid diathesis.

So it is that the temporary headache which is relieved by the use of tea, oftentimes becomes the cause of the frequent and persistent sick-headaches which are had by those who are addicted to the steady use of strong tea, which Dr. Hagen and others have pointed out as being caused by uric acid in the blood.

#### ALCOHOLISM AND HEREDITY.

FROM time to time men have taken the pains to look up the ancestry of criminals, and have demonstrated how great is the power of heredity of evil upon posterity when their tendencies are not held in check by the good influences which Christianity may throw around them.

Professor Pellmann, of the University of Bonn, has identified 709 descendants of one named Ada Jurke, a confirmed alcoholic, who was born in 1740 and died in 1800. The report which he made of these descendants, as reported in the *Lyon Medical*, is as follows: 7 were con-

victed of murder, and 76 of various other crimes; 144 were professional beggars, 61 lived on public charity, and 181 were prostitutes. In civilians' prosecutions and maintenance in asylums or prisons, the family is said to have cost the German Government the sum of six million francs.

DOCTOR J. F. PRITCHARD, in a paper read at the 1899 meeting of the Wisconsin Medical Society, has the following to say about wall-paper:—

“The subject of wall-paper is, I think, too little heeded. I can not think that a room can be wholesome for any length of time in which the walls are decorated with paper, and yet it remains on some houses without change for many years. Imagining that it be perfectly wholesome and safe when first put in place, it can not possibly remain so for one year, whether in a room that is used little or much. If the room be closed, dampness will gather and the paper become moldy and a ready culture medium of all germs; and if the room be used freely during the same time, it must be a cultivated field for many forms of germs of all descriptions. I would plead, therefore, for bare walls, or walls decorated in a manner that they can be easily cleaned. The cheapest and one of the best is lie whitewash; the best and most expensive is oil paint, variously decorated to suit the owner's means, but always laid on in a smooth surface and carefully varnished or glossed, so that it can be washed without damage.

“My boy,” said a father to his son, “treat everybody with politeness, even those who are rude to you. For remember that you show courtesy to others, not because they are gentlemen, but because you are one.”

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## PUBLISHERS' DEPARTMENT.

THE health-food exhibit at the State Agricultural Fair was a marked success.

This, not because of any prizes received, but because the food exhibit has given such excellent opportunity to educate in health principles.

As a result of the exhibit, the foods are going into many new families in Sacramento and elsewhere; and the number of grocers who are handling them is increasing.

A NUMBER of the Sanitarium family are engaged in giving out samples of health foods in the city of Sacramento. They expect to follow this up by introducing the HEALTH JOURNAL into these families.

It shall be our aim to use every means at our command to "preach the truth" regarding healthful living.

WE trust that every reader of the JOURNAL who has received benefit from it, will pass it on to his friends that they may be benefited; or, better, secure their subscriptions, as one is more apt to read what he has paid for.

SUBSCRIPTIONS are coming in rapidly for the JOURNAL, and many kind words of praise. We trust that our friends will help us to improve it each issue, so that it may become a household necessity all over the coast. If you see any way to improve the JOURNAL, kindly let us know it, and we will do all in our power to make it what it should be.

## HELPING HAND MISSION.

THE number claiming the hospitality of the Mission is somewhat increasing. In order to properly care for those who will soon be returning from the vineyards and fields, various repairs and alterations are being made. Several small separate rooms are being arranged for those desiring to pay a small amount additional for such entertainment. Several of the rooms will need repainting and papering, and other changes contemplated will add materially to the attractiveness of the home.

The free dispensary is well patronized. There are usually several cases every day, and interesting experiences are reported. One man suffering from delirium tremens was treated for a few hours, and when he came to himself he was led to the Great Physician, with the result that he had no more delirium. He testified that God had taken away the appetite for both whisky and tobacco. Another man who had been addicted to drunkenness stated that he was handicapped in his efforts to reform by inherited evil tendencies, and as evidence of the truthfulness of his statement, he quoted the visiting of the iniquities of the fathers upon the children unto the third and fourth generation. When his attention was called to the corresponding text, "keeping mercy unto thousands," he exclaimed, "I never saw it in that way before."

Another individual, who had sought to hide his wretchedness in a suicide's grave, asked the physician why he had brought him back to consciousness. He said: "I wanted to die this time. I have tried, and tried, and tried to reform, and every time I try I fail. I want to die." It was only after he had been reminded of his duty to his wife and family, and had been directed to the power of God to keep him from falling, that he was finally led to change his determination to end his existence. He is now, we believe, restored to his home and family.