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The Senselessness of Paralyzing the Senses.

BY DAVID PAULSON, M. D.

NATURE is kind to man, but he must keep within the sphere of its beneficent influence and lay aside everything that tends to drag him down. Altogether too many regard the body as a harp of a thousand strings, upon which they may play for their own pleasure, whereas the real object should be to use it to produce sweet melody for others, and the man that is most thoroughly engaged in helping others is touching the right chord. But the man who eats for the purpose of tickling his palate, who wants to hear or read vile things because they tickle his brain, or the man who wants to feast his mind upon the impure things,—in short, every one who plays upon this harp for his own pleasure, will never become perfectly well until he has conquered that wrong principle.

If we will constantly eat the things which *are good* for us, by and by they will *taste good*, for nature has put an individual flavor into every food. The tastes of some are so destroyed by wrong diet that they can taste only three or four things. Suppose I fold this paper into a triangle, and then put vinegar on one angle, pepper on another, and mustard on the third. Some people put these substances on their food every day, and they continue to do this until they have no more strings upon

which to play than the three angles of a triangle, and they can not taste anything else. Soldiers whose hearing has been injured in the battle, can sometimes distinguish only a few sounds; they can not enjoy the beautiful sounds of nature. So there are many who have smothered the beautiful flavors in fruits, as well as in granose, zwieback, nuts, etc. They have been paralyzing their tastes until they can taste only these few things. When they begin reform everything tastes flat; and they say that they "do not like to eat this sawdust," because they can discover no taste in it; but if people cultivate the taste for things that are good, they by and by begin to appreciate their flavors, the same as they would appreciate the superiority of the fragrance of flowers over that of some rank odors.

I know that many cooks are virtually in partnership with the undertakers. Many are making drunkards of their children because they are cooking things which create a thirst which can not be satisfied at home. Such a boy will find something in the saloon which will satisfy that thirst. Many men who have been fed on this kind of food afterwards become drunkards; and after they have reformed and partially recovered their normal tastes, then frequently the "fatted calf" is killed,

and they sprinkle on it mustard and other things that burn after they are down, and in this way the demon of intemperance is again aroused. I knew a man that was a splendid specimen of humanity, who had been to the Sanitarium and had recovered from delirium tremens and had overcome his appetite for liquor. He went home, and his friends invited

him to partake of a "good dinner." The poor fellow, after eating, went to a saloon, and at night he was picked up in a drunken condition by a policeman. What right have we to pray ourselves, "Lead us not into temptation," and then present directly before our brother temptations in the most insidious yet most effective form?

DR. DEPEW'S HYGIENE.

SHAKESPEARE died at fifty, and I am, to-day, fifty-eight, with the consciousness of firmer health, fuller powers, and keener enjoyment of life than ever before. I believe that Shakespeare died because he retired from business. He had demonstrated, for the glory of the human intellect, that "myriad minds" could be housed in one brain, and then retired to Stratford to live at ease. I have observed that health and longevity are indissolubly connected with work. Work furnishes the ozone for the lungs, the appetite and the digestion, which support vigorous life, the occupation which keeps the brain active and expansive. When a man from fifty upward retires, as he says, for rest, his intellectual powers become turbid, his circulation sluggish, his stomach a burden, and the coffin his home. Bismarck, at seventy-five, ruling Germany; Thiers, at eighty, France; Gortschakoff, at eighty-one, Russia; Gladstone, at eighty-two, a power in Great Britain; Simon Cameron, at ninety, taking his first outing abroad and enjoying all the fatigues as well as the delights of a London season, illustrate the recuperative powers of work. These men never ceased to exercise to the extent of their abilities their faculties in their chosen lines. I have seen Gladstone moving along the street with the briskness of a man of twenty-five. I have heard him at the dinner table discourse for hours upon

every living question as if he would live long enough to solve each one of them. I have sat with him in a box at the opera when the movement upon the stage absorbed him as completely as it did the musical critic in the orchestra chair; but his judgment was moved by the fresh enthusiasm of youth.

The boy born to fortune can not enjoy these exquisite pleasures which come to those whose falls and bruises have left the honorable scars which eloquently testify to their persistence and skill in climbing the ladder of fame and fortune, or both. Most successful Americans reach this position of mastery of themselves and of their vocations early enough to have before them years of enjoyment. Few of them embrace the opportunity. They develop lust for power, and with it the cruelty of power. They become selfish, hard, and grasping. They lose sympathy and touch with their fellows, and cultivate contempt for the less competent, the unfortunate, and those who are moderately endowed. The real pleasures of life are denied to such men, as they are the beasts of prey, whose sole gratification is to kill and gorge.—*Dietetic and Hygienic Gazette.*

"FAILURES, which teach us to avoid future disasters are successes."

"SICKNESS is caused by violating nature's laws."

Question Box.

142. HOW CAN hard well water that contains alkali be rendered good for drinking for one with weak digestion? Will boiling and filtering through several layers of sand and charcoal be sufficient? Should it be treated the same before being used for cooking?

Before answering your question in regard to hard water, it would be necessary to know the nature of the alkali which it contains. Boiling will precipitate a certain amount of the mineral in the water, thus rendering it partially safe; but it will not precipitate all the mineral, and filtering will not take out alkali. Such water, to be of any use, would probably have to be distilled. The only way to make salt water fresh is to distill it, and alkali would be on about the same basis, unless you had some chemical which could be put in and precipitate all the alkali in the water; this is a process that would require considerable skill and a great deal of expense, whereas by the use of the still, which costs from \$5.00 to \$15, you can have perfectly pure water, free from all mineral substances and free from germs. A number of stills are on the market which do good service.

143. Is not fish a valuable brain food?

It is quite generally believed that such is the case; but if one recalls the fact that some of the nations which live most largely on a fish diet are the most degraded, it will at once be apparent that fish can not be so valuable a brain food as has been supposed. The whole grains are very rich in brain-making material, and one living on such foods as granola and granose will have no need for fish.

144. For two or three hours after using nut butter, I can taste it coming up into my throat. Is that a sign that it does not agree with me?

Not necessarily. One using any food containing a volatile principle which can be set free in the stomach, will experience the same symptom, provided he is accustomed to having regurgitation of gas from the stomach. Onions and garlic are marked examples of this kind. If a person passes off a large amount of carbonic acid gas from the stomach, this will be odorless unless it is mixed with some other substance, such as butyric acid, the oil of the onion, etc. However, it may be well to use the nut butter in smaller quantity. Nuttolene or nut venison are products which, on account of being cooked at a lower temperature, will often be found to agree in cases when the other nut foods do not.

145. Have you any food that you can recommend in all cases?

We do not claim for any of our foods that they will be accepted by all stomachs, or that they will cure all classes of disease; but granose will come as near to it as any food we know of, and the cases which are not benefited by some of our foods are exceedingly rare.

146. Can one who has been accustomed to a meat diet, adopt a non-meat diet without physical injury to himself?

As a matter of fact, any sudden change in diet is apt to be followed by more or less disturbance of the bodily functions until the system adjusts itself to the change, and if the proper amount of nutriment is not supplied in the non-meat diet, or if it is taken in a form difficult of digestion, the disturbance may be permanent and the result chronic dyspepsia.

It is here that the health foods are exceedingly valuable, for they are rich in nutrition, and moreover, they are com-

paratively easy of digestion. In fact, we sometimes find cases where the health foods are retained on the stomach when everything else is rejected.

147. Is there the same objection to eating eggs as there is to eating meat?

Eggs and meat have these points in common:—

1. They both increase the amount of uric acid in the system.
2. They both are liable to disease.
3. They both decompose readily, forming in the bowels poisonous compounds as a result of bacterial action.
4. They are both stimulating in their nature.

Many who desire to give up the use of meat can not immediately do so on account of the disturbance to the system. In these cases it is well to substitute eggs for a while, endeavoring to dispense with them as soon as the change can be made without impairing the health.

148. What is the objection to drinking hard water?

Because it is hard upon the stomach. Every one who has used hard water for washing purposes knows how rough it leaves the hands and how poorly it will cleanse the dirt from soiled clothing. It is also as poorly adapted for internal cleansing, and is as deleterious to the mucous membrane lining the stomach as it is to the skin of the hands.

149. What is the remedy for that tired feeling?

A person may become equally tired from too much exercise or too little. The remedy, of course, should be exercise or rest, according to which produces the condition. Weariness which comes from neither too much nor deficient exercise is caused by exhaustion or lack of energy of the nervous system and should be treated as a disease.

150. What is the cause of sick-headache?

Sick-headache is a symptom of something wrong in the stomach. A stomach wash, or *lavage*, will often give complete relief; or, better still, when a headache is threatening, fast over one meal, and all symptoms will disappear. There is some morbid matter in the stomach which must be disposed of before food can be successfully digested. Do not be afraid of starvation. The food digested and assimilated is what maintains existence—not what goes into the stomach simply. Undigested food decomposes, and instead of supplying the vital energies and tissue with the needed force and building material, poisons them with ptomaines, and deranges all their functions.

NIGHT AIR.

An Old Soldier's Story.

"NIGHT air? Yes, sir, I object decidedly to night air; but it is the night air which is shut in with one in a tight sleeping-room.

"During the Civil War I slept out without protection of any kind for more than a year. At one time I carried a rail half a mile to sleep on, so I'd not have to be in the mud. I had not been in a bed for two or three years when, returning home, my wife closed my windows on retiring, for fear I'd catch cold; and I caught a cold that night, and I was three weeks in breaking it up. That was the quickest and hardest cold I ever caught. Afraid of night air? Yes, sir, I am of *that kind* of night air."

"HEALTH, strength, and happiness depend upon immutable laws; but these laws can not be obeyed when there is no anxiety to become acquainted with them."

"God's law is written by his own finger upon every nerve, every muscle, every faculty which have been intrusted to man."

Far Sight.

BY G. H. HEALD, M. D.

IN normal sight the light from distant objects focuses on the retina without any effort of the muscles of accommodation. The curvature of the various media is just sufficient when the eye is at rest to form on the retina a distinct image of distant objects. If the distance between the back and the front of the eye is insufficient, or if the crystalline lens or the cornea is too flat, the rays of light from distant objects tend to focus behind the retina, and can only form a perfect image on the retina when the muscles of accommodation are brought into play; and in severe cases the accommodation may not be sufficiently strong to bring anything into good focus.

At birth nearly all eyes are far-sighted. This is on account of the small size of the eye at that time. As the eye is not needed then for close work, the far sight may not be an inconvenience. Again, as age advances far sight may again increase, on account of the gradual enlargement of the crystalline lens; but the conditions must not be confounded with old sight, in which the crystalline lens loses its elasticity. This increasing far sight, due to the thickening of the lens, begins possibly at the age of twenty-five, and continues to increase even after old sight has become established as a result of failure of the accommodation. Far sight may not be recognized in early childhood, because the child does not use his eyes in reading, sewing, and other close work. The focusing power of the eye is also better in childhood.

A frequent symptom of far sight is a tendency to cross-eye. In those cases of far sight in which the image is imperfect, the

child often holds the book close to the eye, as in near sight, in order to increase the size of the image.

After the child begins close work, eye strain may become apparent in the form of congested eyes and eyelids. Styes, intolerance of light, later on headaches, may occur. On leaving school the symptoms may ameliorate somewhat, if the child does not follow some occupation necessitating the constant use of the eyes at close range; but the headaches of the school period may be continued, and the other symptoms of eye strain may appear at any time when the health becomes impaired, as after some exhausting work or after a spell of sickness.

Many far-sighted eyes do not require any treatment; but if, on account of close work or failure in general health, indistinct vision or symptoms of eye strain develop, it is necessary to correct the far sight by a properly-fitting pair of glasses.

In far sight the use of correcting glasses should be constant, especially in those cases in which the symptoms, as headache, sore eyes, etc., are constant. In cases where the disturbance only comes on during the effort to do close work, it may be sufficient to use the glasses for close work only. However, it is a good plan to have the glasses worn constantly for a time, until the wearer has learned to relax the accommodation.

In some cases children who have had to wear correcting glasses while at school can dispense with them as soon as they cease their school course and take up some line of work not requiring so much close work.

The Home We Live In.

BY DORA HARDEN.

THIS house, the body, must be cared for and kept in order by the keeper. In Eccl. 12:3 man is referred to as "the keeper of the house." If this house, or body, is neglected, it will fall short of what the great Master builder designed it to be, and the life of the individual will be correspondingly crippled.

"A large share of the pleasure and pain of life will come through the use you make of your body." Make a careful study of your body and the laws that govern it, and you may not only escape sorrow, but will add much to the pleasure and usefulness of life. Penalty in the form of weakness and disease will surely follow the violation of the law of life or health.

Think candidly of the nature of the house *you* live in—your body; make up your mind firmly to take care of it, not to abuse it. Wear nothing that would give pain or distort, but properly clothe it. Exercise every muscle, taking care to provide proper rest as well. Do not eat anything that would injure it. Do not overtax it with excess of food, drink, or work, and, above all, do not worry. Be calm and cheerful. A happy, cheerful disposition, with a clear conscience void of offense toward God and man, will do for a run-down system what nothing else can. "Pleasant words are as an honeycomb, sweet to the soul, and health to the bones." Prov. 16:24. This scripture should not be applied entirely to those around, but to ourselves.

Exercise patience and endurance at all times, no matter what obstacles you may find in your pathway. You can best afford to entirely ignore the many petty trials and annoyances you are sure to

meet; and never cross the bridges that are not beneath your present steps.

At the first real symptom of disease, or even threatened danger, take a careful glance over the body and see if all the fortifications are intact.

Treat rationally the first attempt of any disease to enter the body. Bring every natural physiological force to your aid, and you will conquer.

What would you think of a man who never found time to sharpen his tools? Yet many persons think they have no time to care for the body, to heed the laws of health, but must work, work, work. Like the workman's tools, they sooner or later become unfit for profitable service.

How few persons know how to appreciate good health while they have it! It is astonishing to see how *very* few regard the laws of health until they are awakened to the fact that they are not in possession of it. Later on the most strenuous effort to bring back lost vitality is quite sufficient to enlighten us as to the truth of the old Greek proverb, "An ounce of prevention is better than a pound of cure."

"THE laws governing the physical nature are as truly divine in their origin and character as the law of the ten commandments. Man is fearfully and wonderfully made, for Jehovah has inscribed His law by His own mighty hand on every part of the human body."

"EATING merely to please the appetite is a violation of the laws of our being."

"By a misuse of any of our powers we rob God of the honor due Him."

Man's Natural Diet.

[From a lecture by Dr. Heald at the State Agricultural Fair, September, 1899.]

ANIMALS by instinct select their food. The lion, with jaws like a steel trap, with saliva containing no starch digestant, with a very short intestinal tract, would be unable to use plant foods. While such foods have high nutritive value, they are of no value to him, as he has no means at his command to utilize that nutrition; and he by instinct, by nature, uses animal food. He seems to be adapted to that kind of food, and the food to him.

The horse has lips prepared to take up grasses, teeth which are excellent grinders of coarse food, a very watery saliva, a long alimentary canal; and, on the other hand, he is not prepared to capture prey. He is fitted for the digestion of vegetable food. He likes it and needs no instruction to teach him that this is the kind of food he requires.

Man, on the other hand, seems to have nothing to restrict him in the selection of his foods. By his superior powers he can provide himself with any product of the animal, vegetable, or mineral kingdom; and I suppose there is nothing which man can work up small enough to go down his throat, that he does not put into his long-suffering stomach.

Some have reasoned from this that man is omnivorous; that he requires a diet consisting of a great variety of substances; that he must have animal food as well as vegetable food in order to pre-

serve the best of health. But the studies of comparative anatomy show that man is related to the tribe of apes, monkeys, etc., not only in his general outline, but in the shape and functions of his digestive organs.

The only omnivorous animal known to nature, is the hog, and if man is sometimes a hog, it is because he has made himself so, and not because he is one by nature.

The monkey lives on nuts and fruits, and we should expect from man's anatomy and physiology that these composed his original diet. That he eats many other things is the result not of necessity, but of his desire to invent new means of satisfying a morbid appetite.

Those who live to a great age, do so on a simple, often a spare diet, and with simple habits.

One has only to try a fruit and nut diet to be convinced that with it he will maintain his strength, and that his mind will be clearer. Some of our most energetic workers have maintained themselves on such a diet.

On adopting such a diet, one not accustomed to it may experience considerable inconvenience until the system has become accustomed to the change. Such inconvenience, however, is not the rule; and, if one does have it, he should not hastily conclude that the new diet disagrees with him.

"THE health should be as sacredly guarded as the character."

"IT is our duty to study the laws that govern our being and conform to them."

"WE have no right wantonly to violate one principle of the laws of health."

"THE transgression of physical law is the transgression of God's law."

Hygiene No. 3.

BY H. S. MAXSON, M. D.

AS regards the clothing of the body, three general rules will suffice: First, that the body be equably clothed; second, that the clothing be sufficient and of such material as will best conserve the life force; third, that the same be applied in such a manner as to leave every muscle and every organ free and unrestrained.

It is my own opinion that most people of the well-to-do classes, especially in California, wear far too much clothing. They thus supply by artificial means the surface warmth which should be accomplished by the force of the heart's action. That organ, relieved of a part of its legitimate work, is weakened, with the result of habitual cold extremities and congested centers. Without any doubt multitudes among women, and because of their disablement, multitudes of the sons of women, are suffering from violation of the ancient rule. But this phase of the subject is too vast for consideration at the present hour.

One more phase of this question of health and life we must not pass by, and that is the

HYGIENE OF THE MIND.

A happy, tranquil mental condition is absolutely necessary to a state of perfect health. The poison of grief and the venom of wrath do not exist alone in the imagination of poet, but exist as actual, demonstrable facts; and its deadly influence is daily slaying its thousands, and rendering miserable millions more. It has been repeatedly shown that the milk of the mother is disturbed by harassing care, worry, or anger, or that sorrow is detrimental to the health and comfort of the baby at her breast. Many a weary,

care-encumbered mother has nursed her baby to its death, little suspecting that the cause of her darling's sufferings was being continually dealt out to it from her own breast. Several cases are on record where sudden death has followed nursing the milk of a mother who had just indulged in a fit of violent passion. There are few of us who have not experienced the sickening influence of worry and anger. Long continued, they sap the vital forces and develop disease.

Every organ of the body, even the minutest fiber of every muscle, is connected with (and is dependent for its actions upon that connection) the great center of the nervous system, the brain. Finer than the finest hair, invisible to the naked eye, yet distinctly traceable, are the delicate nerve filaments which are distributed to the remotest parts, even to every gland and cell. These nerves are every one either directly or indirectly connected with the brain, and they are directly or indirectly, consciously or unconsciously, receiving every day the impressions which, conveyed with lightning rapidity to every part of the body, determine its action. In other words, our bodies represent the most delicate, elaborate, and intricate system of telegraphy. The brain is the central office. Under this there are substations, to which the oversight of certain parts of the body are delegated, and when all is well, they take entire charge, depending, however, for their ability to do so upon their connection with their central office. An understanding of all this most beautiful and wonderful anatomical arrangement will explain many of the apparent miraculous

cures performed by mental healers. The application of this knowledge will save many from the necessity of healing.

Order, in other words, harmony, is the first law of heaven. Other things being equal, when harmony rules in the citadel, health and union will pervade the whole realm of our physical being. He who has learned the secret of soul rest has the best promise of a long and useful life. The application of these principles may be of inestimable value to us mothers in the work of building, holding before our little ones only harmonies in color, ourselves thinking only on things that are pure and true and lovely and of good report. We should create in them not beauty of character only, but beauty of form and face as well. Is it hard to do this while tossed by all conflicting, discordant kinds of thought and deeds with which we are surrounded? Most happy are they who have received into their own hearts the image of the risen, living, loving Redeemer, with whom all things are possible.

NECESSITY FOR MOUTH DISINFECTANTS.

THERE are some reasons for thinking that many diseases, of whose origin we are not sure, may originate in the mouth. In support of this belief may be mentioned the following facts:—

1. There is no part of the body which furnishes so favorable a place for the unlimited growth of germs. Moist, of the proper temperature, having a mildly alkaline reaction, and containing more or less nutritive material, it may be the home of myriads of germs.
2. There is no fluid in the mouth, as in other parts, for the destruction of germs.
3. The mouth is frequently the seat of canker sores, diseased teeth with large cavities, diseased tonsils, etc.

These things point to the necessity of lessening, as far as possible, the danger from infection in the mouth. The use of a tooth-brush, several times a day, in such a way that all the surfaces are reached and all the dark corners are cleaned out, is a necessary procedure, and in case of an abrasion, or ulcer, or decayed teeth, some antiseptic solution should be used. A solution of permanganate of potash, of such a strength that it is a pale wine color, is excellent for the purpose. The permanganate can be made up in stronger solution, and a few drops of the strong solution added to a glass of water until the proper strength is obtained. This solution is harmless and quite effective as a mouth wash. Listerine, or enthyamol, or other antiseptics may be used for the same purpose, as may also cinnamon water.

In case one is predisposed to tubercular disease, or has been exposed to some infectious disease, especially those which originate in the throat, as scarlet fever or measles, the most rigid care should be used to cleanse and disinfect the mouth often.

EARTH gets its price for what earth gives us;

The beggar is taxed for a corner to die in;
The priest hath his fee who comes and
shrives us;

We bargain for the graves we lie in.
At the devil's booth are all things sold,
Each ounce of dross costs its ounce of gold;

For a cap and bells our lives we pay;
Bubbles we buy with a whole soul's tasking:
'Tis heaven alone that is given away,
'Tis only God may be had for the asking.

—James Russell Lowell.

“WHATSOEVER a man soweth, that shall he also reap. For he that soweth to the flesh shall of the flesh reap corruption.”

“It is the duty of every person to become intelligent in regard to disease and its causes.”

Some of the Advantages of a Dry Diet.

BY G. H. HEALD, M. D.

WE are fast becoming a toothless race. In a few years the dentists will have nothing more to work on.

This is the result of a natural law that decay follows the lack of exercise. The blacksmith does not have a muscular left arm because he does not use it. The fish of the Mammoth Cave are sightless because they have no use for their eyes. The fakir who fastens his arm in one position for years, loses the use of it. Those who do not properly exercise their teeth, sooner or later lose them. Nature will not keep in good condition any part of the body which is not devoted to its legitimate use.

I have heard a person condemn hard-tack with the expression that it would ruin the teeth. The fact is, there is no food better calculated to develop and preserve the teeth than hard-tack. The reason we have such poor teeth is, we use so many of our foods in a condition which requires no mastication. *A dry diet is a preservative of the teeth.*

People frequently swallow their food hastily without proper mastication. It enters the stomach unmixed with saliva,

and hence the starch can not be properly digested until it reaches the intestine, for starch is not digested by the juice of the stomach.

Some authorities have advocated the chewing of gum after a meal, in order to carry a proper amount of saliva into the stomach; but such a process is unphysiological, as the saliva must do its work before the gastric juice has been formed in sufficient quantities to neutralize the action. All saliva swallowed at the close of a meal is therefore useless as an aid to digestion. It is far better, therefore, to get the saliva into the stomach at the beginning of a meal; and this is best accomplished, not by means of gum, but by means of the food, the saliva being more thoroughly mixed with the food during mastication than it could be if swallowed separately as a result of gum chewing. *A dry diet, then, is a great help to starch digestion.*

Many people eat too much, because they eat too fast. The use of liquids tends to increase the appetite. *A dry diet is an excellent prevention of overeating.*

THE COATED TONGUE.

It is astonishing how long this breeding ground for all manner of germs of fermentation and disease, which is often produced by nasal catarrh, has remained unnoticed in this age of antiseptic philosophy. The cleansing of the tongue should be recommended and practised as a hygienic procedure. No doubt there is a constant stream of germs of all sorts

carried into the stomach from this foul coating of the tongue, infecting the alimentary canal as well as the blood.

The most common cause of "bad breath" is the decomposition of this coating on the tongue. By thoroughly scraping off all loose matter and disinfecting the surface, the odor will be removed, provided the teeth have also been cleaned. —*Popular Science.*

Tuberculosis and Smallpox.

THE American Medical Association is the leading organization of physicians in this country. At its recent meeting in Columbus, O., it adopted resolutions, which are of great interest to the people at large, as follows:—

“WHEREAS, From carefully prepared statistics it is found that of the deaths from all causes between the ages of 15 and 60 years one-third result from tuberculosis, and that one in every fifty persons has this disease; and,

“WHEREAS, Competent authorities claim that under proper treatment from at least one-fifth to one-quarter of those affected by tuberculosis may be cured; and,

“WHEREAS, The European governments are actively engaged in endeavors to stamp out this disease, while in the United States nothing has as yet been done by us as a nation in this important work; therefore, be it

“*Resolved*, That the President appoint a committee of five with power to add to the number, who shall prepare a report on the nature of tuberculosis; its communicability and prevention; the more effectual means of controlling the spread of infection and of educating the people in personal hygiene, so as to lessen the chances of their becoming tuberculous and to increase the prospects of their recovery; the advisability of establishing national and State sanatoria, and such other matters as may be pertinent to the subject.

“*Resolved*, That this committee shall present this report to the Congress of the United States and to the Legislatures of the various states of the Union, and urge upon them that appropriate measures be speedily taken.

“WHEREAS, Before discovery of vaccina-

tion smallpox was one of the most dreaded scourges of the earth, causing in epidemics as much as one-half of all deaths in a year; and,

“WHEREAS, It has been proven by years of experience that smallpox can be stamped out by the efficient use of vaccination; and,

“WHEREAS, When prejudice has prevented its employment in divers communities for periods of years, these communities have in many instances been almost exterminated by epidemics of smallpox; and,

“WHEREAS, Certain well-meaning but fanatical persons have, for some time past, been endeavoring to excite a prejudice against vaccination, and may, if they are not checked, succeed in rendering the entire country susceptible to an epidemic of smallpox, such as has visited and laid waste the various isolated communities where vaccination has been abandoned or never adopted; therefore, be it

“*Resolved*, That the American Medical Association most strongly urges the adoption by local boards of health of laws requiring compulsory vaccination, and deprecates in the strongest way the efforts of those who are endeavoring to secure the abolition of compulsory vaccination; and,

“*Resolved*, That a copy of this preamble and these resolutions be sent to every health board in the country.”

“It is of the highest importance that among the studies selected for children physiology should occupy the first place.”

“IGNORANCE of physiology and neglect to observe the laws of health have brought many to the grave.”

Sugar and Fruit.

BY DAVID PAULSON, M. D.

IN using sour fruits, such as gooseberries, cranberries, etc., we should remember that sugar does not neutralize acid; you would have to use an alkali to do that. It is surprising to find how few people have discovered that in order to actually neutralize acid they must use alkali; so, to be strictly logical, they should put carbonate of soda into the sour fruits which they are canning, instead of sugar; but of course this would ruin them from a food standpoint. Sugar does not take away the acid; it only disguises it, as are the contents of a pill by the sugar coating. No matter how much sugar you put into sour fruit, the acid is still there, only it is not so readily appreciated; but the same thing would be true if you were to put a little cocaine into your mouth when you eat acid fruit; you would not taste the acid.

It is better to avoid the use of strongly

acid fruits, if they do not seem to agree with us, than it is to put into them a great deal of sugar. Ordinary cane-sugar is difficult of digestion; it is irritating, and is liable to induce gastritis and catarrh of the stomach; it is not acted upon by the digestive fluids until it reaches the intestines.

The use of sugar in its free form is not the most natural way to get sweets. It is better to eat starches and let nature change them to sugar in her own way; and then eat such fruits as peaches, pears, prunes, and baked apples, and other sub-acid fruits which do not require much sweetening.

So we should bear in mind that a chemist would still find the same amount of acid in sour fruit canned with sugar as he would find in the same fruit if canned without sugar. The sugar is simply a disguise to the acid.

A Conversation.

THE following is a bit of conversation supposed to have taken place between a Brahman of India, who had been making a tour of the world, and a friend of his who had stayed at home.

"O, yes! I have visited a great many dissecting rooms. You are surprised? Well, in America, and some other places I might mention, some dissecting rooms are open to all classes of people, physicians and medical students not having exclusive right therein. I have seen many such places with wide-open doors, so that the work might be viewed from the street. You are horrified? Yes, but people be-

come hardened to it. You have, no doubt, heard of the saying about vice, 'We first endure, then pity, then embrace.' In this case it is even worse, they first behold, then desire, then eat."

"What? corpses?"

"Yes," said the Brahman. "These dissecting rooms make a business of selling corpses. They usually have quite a variety—dead hogs, dead cows, dead sheep, dead fish, in fact, almost everything but the dead bodies of humanity. These corpses are in great demand, as many people are anxious to buy them."

"That is a good desire."

"Yes, it would seem so at first. The preparation for burial is quite unique. The corpses are treated by different processes. Some are dried and salted or smoked, making them quite similar to the Egyptian mummies you have heard about. Others are boiled, and still others are baked. When these processes are completed, the corpses are further dissected and laid upon trays, platters, etc., and placed upon the dining-room table. The family gather around, and each member takes the responsibility of burying a portion in his stomach. This is called food, and is supposed to be very strengthening."

"But do they have nothing else to eat in America?"

"Yes, there are many delicious fruits, grains, and vegetables, but the people are not satisfied with these because they have

an idea that the strength of the ox passes into their bodies when his flesh is eaten, just as the heathen cannibal believes the courage, wisdom, and strength of his slain enemy becomes a part of himself when the enemy's flesh is eaten."

"Do all the people of America subsist upon such a barbarous diet?"

"No. There is a movement toward a better way of living. Vegetarian societies and clubs have been organized, the objects of which are to teach the evils of such cruelty and to advocate a diet in which there are no seeds of death. These are doing a good work. Eating houses have been established in various places where it is possible to obtain food that is not contaminated by disease and death; and literature is circulated to inform people regarding the evil influence of flesh foods."

THE APPLE.

DR. WILSON says that the apple is such common fruit that few persons are familiar with its remarkably efficacious medicinal properties. Everybody ought to know that the very best thing he can do is to eat an apple just before going to bed. The apple is excellent brain food, because it has more phosphoric acid, in an easily digested shape, than any other fruit known. It excites the action of the liver, promotes sound and healthy sleep, and thoroughly disinfects the mouth. It also agglutinates the surplus acids of the stomach, helps the kidney secretion, and prevents calculus growth, while it obviates indigestion, and is one of the best preventives of diseases of the throat. Next to lemon and orange it is also the best antidote for the craving of persons addicted to the alcohol and opium habit.—*Popular Science.*

LEFT UNDONE!

It isn't the thing you do, dear,
It's the thing you've left undone,
Which gives you a bit of heartache
At the setting of the sun.
The tender word forgotten,
The letter you did not write,
The flower you might have sent, dear,
Are your haunting ghosts to-night.
The stone you might have lifted
Out of a brother's way,
The bit of heartsome counsel
You were hurried too much to say;
The loving touch of the hand, dear,
The gentle and winsome tone,
That you had no time or thought for,
With troubles enough of your own.
For life is all too short, dear,
And sorrow is all too great
To suffer our slow compassion,
That tarries until too late;
And it's not the thing you do, dear,
It's the thing you leave undone,
Which gives you a bit of a heartache
At the setting of the sun.

—Selected.

California Dried Fruits, and How to Cook Them.

WE are pleased to further any move which will encourage the increased consumption of fruit, not as a luxury but as a food, and to this end we copy the following:—

“Directions for cooking dried fruit, making it healthful, nutritious, and palatable.

GENERAL.

“1. Select bright, waxy fruit, not too dry.

“2. Soak your fruit for 15 minutes in tepid water and then wash it.

“3. Now soak it until it has taken back all it will take of the water lost in drying. The time will vary from 3 to 36 hours, depending upon the kind of fruit and how dry it is. Put on enough water to cover the fruit an inch deep. Sift or sprinkle into this the sugar necessary to make the fruit palatable; it will dissolve and strike into the fruit instead of remaining in the syrup.

“4. Put the fruit into your cooking vessel with the water in which it has been soaked. Add more water, and simmer (be careful not to boil) it until it is soft—from 1 to 3 hours.

“5. Drain off the liquor in which it has been cooked, strain through a fine sieve, add half a cupful of sugar to every quart of juice, and boil until it is a rich syrup; then pour this back over the fruit.

“6. Dried fruit should not be served as a delicacy but in generous quantities, as it is a very healthful food.

SPECIAL KINDS.

“*Apricots* require very little cooking. If fully ripe when cured, it is better to cook only the water in which they have been soaked. Boil this to a rich syrup and return it to the fruit. Use a generous supply of sugar when soaking. The flavor is improved by adding a little pineapple.

“*Cherries*, especially if cured unpitted, make a very toothsome fruit. Soak not less than 24 hours, being careful not to boil them, as they will shrink on cooling.

“*Peaches*.—The *Crawfords*, *Foster*, *Muir*, and other varieties of freestones can be easily peeled. Put them in a baking-pan, pour boiling water over them, and let them stand a few minutes; then the skins can be readily removed with a fork. Soak until tender and cook slowly, being careful not to break the halves. By adding orange peel the flavor is improved. They are also excellent baked, as given below for pears, only they need no acid.

“*Pears*.—Halves are preferable. Soak at least 12 hours, put in a baking-pan, sprinkle a little sugar over them, add the water in which they were soaked and enough hot water to cover them. Bake slowly until quite soft—the juice will now be rich like syrup. After they cool add the juice of a lime or two. Orange peel is also a great improvement, but should be put in while soaking.

“*Prunes*.—Sweet as the prune is, a little sugar adds richness to the flavor. The prune should be cooked until the skin is entirely tender.”

The State Board of Agriculture have in this circular shown how the natural flavor of the fresh cooked fruit can be brought out by proper treatment of the dried fruit, and their exhibit at the state fair, under the able direction of Mrs. C. H. La France, demonstrates that delicious dishes can be prepared by following these directions.

We here give the nutritive value of some dried fruits as compared with other foods in order that it may be demonstrated that fruits, especially dried fruits, possess in addition to the rich flavor a high food value.

	Heat units per ounce.
Apples.....	76.5
Apricots.....	77
Prunes.....	72
Raisins.....	102
Meat average.....	40 to 70
Peas and Beans, dried.....	100 " 102
Peas and Beans, green.....	15 " 20
Potato.....	about 24
Bread.....	" 75
Grains, as a rule.....	100 to 115
Milk.....	about 20
Cream.....	" 40
Eggs.....	" 40

The quantity of protein or nitrogenous matter is comparatively small in fruits, and they should be combined with food rich in these substances, in order that the proper amount of tissue-making material may be supplied to the body.

Beans and peas, though rich in protein, do not always do well when eaten at the same meal with fruits; so we would recommend nuts or nut foods for this purpose.

We have copied the circular of the State Board of Agriculture with few changes; but we would suggest that if less sugar be used, the fruit will be as palatable and much less likely to disturb the stomach.

G. H. H.

PURE WATER VS. GASTRO-INTESTINAL DISEASES.

At a meeting of the Orleans Parish Medical Society (New Orleans *Medical and Surgical Journal*) Dr. Cordeira, surgeon of the cruiser *New Orleans*, gave the following explanation of the good health enjoyed by the marine battalion at Guantanamo: They were furnished distilled water from the Marblehead, and were not allowed to drink any other under penalty of severe punishment. The encampment of the marines was subjected to the same conditions as to location and food supply as a near-by encampment of Cubans. The Cubans suffered severely

from the various gastro-intestinal diseases and malaria, while the marines enjoyed almost absolute immunity from all disease, especially fevers. The converted yacht *Scorpion* had no distilling plant. She borrowed distilled water from the larger vessels till sent away from the fleet on detached service. She was then forced to replenish her water supply from the land at Baiquiri. Within less than two days malaria and other troubles broke out among the crew, and in four days thirty of them were more or less affected. They did not suffer greatly from mosquitoes.—*Exchange*.

BAD TASTE IN THE MOUTH.

"THE bad taste in the mouth experienced when waking in the morning, is often due to the presence of germs, the products of which accumulate while the person is sleeping. When one is awake, the constant secretion keeps them cleared away. Better care of the teeth is necessary. If there are any decayed teeth, they should be attended to, and a tooth-brush should be used freely and frequently, especially at night. The proper use of drinking water and care as to diet, are means that should be relied upon. In dealing with germs in the body, however, one should always remember that they grow where there is low vitality. People who are all run down usually have a bad taste regardless of how clean they keep the mouth or how careful they may be in diet, because germs always act where the tissues of the body are not able to drive them away and counteract their influence. This latter class of people will get rid of the bad taste when they improve the general health."—*Popular Science*.

TO HAVE what we want is riches, but to be able to do without is power.—*Geo. MacDonald*.

THOSE DEADLY HEADACHE POWDERS.

WITHIN the recent past a coroner's jury in Pittsburg rendered a verdict charging the death of a woman of that city to headache powders, composed principally of acetanilid. This being the fifth case of the kind occurring in that locality within a comparatively brief period, the jury naturally directed attention to the fact, as a consequence of which the pharmacists of Pittsburg and Allegheny City, at a special meeting, resolved to adopt the recommendation of the coroner's jury, and in future attach caution labels to all proprietary headache powders, or those known to contain acetanilid.

Every one of the synthetic analgesics is more or less dangerous, but the most unsafe of the list—and, unfortunately, the cheapest—is acetanilid. Deaths resulting from the administration of this coal-tar derivative in comparatively small doses have been frequently reported, as our readers are aware. A certain percentage of individuals seem to be possessed of a peculiar idiosyncrasy against these synthetics, which, of course, can not be known beforehand; but a low condition of the organism, and especially a pathologic heart, must always be taken into consideration when prescribing them. Hence the indiscriminate recommendation of this class of remedies for self-administration is to be discouraged, and the pharmacists can do no less than apprise the public of the risk incurred. If dispensed at all, the doses should be small, limited to a certain number in a day, and separated by comparatively long intervals. Acetanilid at least should always be combined with caffeine, for its well-known stimulant action, while the presence of an alkali also is supposed to act beneficially.—*Medical Standard.*

DANGERS OF COLD STORAGE.

DR. SLAVIUS says that some of the gastric and diarrheal troubles which prevail during the summer months may possibly be traced to a cause which is generally overlooked. Hotel and restaurant keepers, caterers, etc., buy fish, beef, mutton, poultry, etc., in large quantities, for the sake of convenience and economy, and store them in ice-houses for future use.

While the cold-storage method may not appreciably injure the food value of meat within the first twenty-four to forty-eight hours, when kept, as it often is, for days, and even weeks or months, the flesh softens, and cooking can not render wholly innocuous the poisonous ptomaines generated by slow decomposition or by the chemicals added as preservatives.

At any rate, the subject of cold storage is one well worth looking into by sanitarians and all those who are interested in maintaining the public health. It should be ascertained by experiments and analysis exactly how long meats may be kept by cold storage without affecting their value as foods, and the results of the investigation published as a guide to the people.—*Popular Science.*

BUT once we pass along life's road;

We'll tread it not again.

May it be ours to lift some load

From off our fellow-men.

If we pursue life's path in health,

Our steps elastic are;

We've something more than fame or wealth,

Yes, something greater far.

So let us study nature's laws,

And her commands obey.

We'll reason from effect to cause,

And health shall be our pay.

MINNIE EMBREE.

“SEEK not for happiness, for it is never to be found by seeking for it.”

PACIFIC HEALTH JOURNAL

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

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

THE HEALTH JOURNAL is not published for profit, and the factor of dollars and cents does not enter into its policy. In fact, it is, and always has been, published at a loss. Its mission is educational; and it shall be our purpose to make every page, advertising and otherwise, educational and representative of the truths for which the JOURNAL stands. To this end we accept no advertisements of enterprises in which we do not have the fullest confidence. When an advertisement appears on these pages, it is because we believe it to be all that it claims to be. Moreover, we do not accept advertisements of articles which we consider injurious, even though the business be honorably conducted. For instance, we could not take advertisements for tea, coffee, patent medicines, etc. By being a little less scrupulous in this respect, we could easily increase our income; but we have another mission.

The mission of newspapers is to reflect public sentiment. The mission of the JOURNAL is and shall be, so far as its influence goes, to create public sentiment. He who advocates a popular cause may have a popular journal. He who advocates an unpopular cause, and publishes that which will not be accepted by the masses, must expect that his work will advance slowly.

I think it was Lowell who said, "If I were a young man again, I would champion some unpopular cause and fight for its principles until it gained the victory."

He who has decisive principles must expect opposition; and the truer the principles, and the sturdier the manhood of the one who advocates them, the greater

will they shine out as a result of opposition.

It is the exception nowadays to find men and papers with convictions. There is a tendency among the masses to use the cudgel, "Stop my paper," when the convictions of the editor are opposed to those of the readers. This being the case, it is more to the financial advantage of journals who must stand or fall before the tribunal of public opinion, to bend their policy to suit the ideas of their constituency.

We have convictions, therefore we write. If our positions are false, the sooner they fall the better. If they are sound, no amount of public opinion can destroy them. "Truth crushed to earth shall rise again."

It seems strange that there should in this enlightened age be so little knowledge concerning the function and value of foods as is manifested in the questions so often asked: "Is it possible for a person to keep strong without *any* meat? Can a person do hard work and keep up under it on a non-meat diet?" Such questions show ignorance of the following *facts*:—

1. That a large proportion of the earth's inhabitants are vegetarians.
2. That some of the most successful nations were vegetarians in the time when they laid the foundation of their greatness.
3. That man's anatomy and physiology show him to be a vegetarian by nature.
4. That some of our strongest and most enduring domestic animals get their strength from a vegetarian diet.
5. That some notable foot and bicycle matches have been won by vegetarians. In a recent bicycle race in San Francisco, the winner trained on a non-meat diet (the Sanitarium health foods, by the way), and gained two pounds during the contest, while his meat-eating competitors all lost

weight, and several came out in bad condition.

6. That all the force in the meat of the ox was obtained by the ox from the vegetable kingdom, the only difference being that in the meat there is present injurious waste matter as well as food.

It has long been accepted as a fact that germs will not leave a moist surface, and that, therefore, the only way in which tuberculosis could be communicated from one to another is by means of the sputum. It has been found, however, that consumptives in coughing, and even in talking, throw off numerous small particles of saliva containing the germ of tuberculosis, and that these germs may even multiply in the small globules of liquid in which they are thrown into the air. The rate of multiplication, however, can not be very great, for the bacillus of tuberculosis grows slowly, and these minute drops of liquid certainly can not escape drying for any considerable length of time. One can understand from this that it is not sufficient to destroy all the sputum of a consumptive; but that the rooms which he habitually occupies, unless they are repeatedly disinfected, must be a menace to others who have a predisposition to the disease.

It has been known for a long time that living and virulent tubercular bacilli can be found in the dust in various parts of the room occupied by a tubercular patient, even when care is exercised to disinfect the sputum.

The examination of dairy butter shows that it quite frequently contains living and active tubercular bacilli.

Many persons, instead of boiling milk, heat it to a temperature of 140° Fahr. in order to destroy the disease germs present, and at the same time not change the character of the milk. While, as a rule, this destroys the tubercular bacilli, it has

been found that in the pellicle that collects on top of such milk the tubercular bacilli may remain alive after cooking it at this temperature for an hour.

THE practise of drinking hot water has been largely overdone; but there are certainly cases in which it has marked benefit. For instance, a little less than a glass of hot water a half to one hour before eating, has been found to be an excellent remedy in cases of gastric catarrh, which means in a large proportion of the cases of chronic dyspepsia.

In that class of dyspepsia known as hyperpepsia, a similar amount of hot water forty minutes before meals and two or three hours after meals, is excellent.

THE greatest harm to the system comes not alone by the use of alcohol but by the intemperate use of food, especially the overindulgence of meats, sugars, and pastries.

Sir Henry Thompson writes in the *Medical Record*:—

"I have come to the conclusion that more than half of the disease which embitters the middle and latter part of life is due to avoidable errors of diet, and that more mischief in the form of actual disease, of impaired vigor, and of shortened life, accrues to civilized man from erroneous habits of eating than from the habitual use of alcoholic drink, considerable as I know that evil to be."

IF the reader of this JOURNAL believes that it has a mission to fill in educating the masses, will he not have a part in this work by helping to circulate it? If interested in this matter, write to the publishers for terms.

A MAN never describes his own imperfections and failings so accurately as when he is describing those of another.

Publishers' Department.

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WITH the renewals to the JOURNAL, we are receiving many kind words signifying the appreciation with which it is received. We are glad to receive these. We shall also be glad to receive suggestions as to how it can be improved, and, while we can not promise always to follow these suggestions, they will have our candid consideration, and if the suggestion seems to be one which will increase the efficiency of the JOURNAL, we shall gladly avail ourselves of it.

WHILE it has not been our object to exhibit the health foods at the state fair in order to secure the premiums awarded, we have been gratified to receive again the first premium for Caramel Cereal, as we did one year ago. The first premium was also awarded to the Sanitarium Health Food Company on their exhibit of crackers.

THE medical work of the St. Helena Sanitarium will be conducted for the present principally by Dr. Sanderson and Dr. Brighthouse, as Dr. Heald's time will be largely taken up in educational lines.

DR. THOS. COOLIDGE will disconnect with the work at St. Helena, in order to take charge of the medical work in connection with the San Francisco Branch Sanitarium, in place of Dr. Moran.

DR. F. B. MORAN has been asked to go to Los Angeles in order to open up the medical work in that section. The doctor's experience in this line will be a great advantage to him in his new field.

A LONG-FELT WANT.

UNDER this heading the Los Angeles Times publishes the following timely words:—

"In San Francisco and other large cities of the country, and also in Europe, there are many first-class vegetarian restaurants, where no meat in any shape is served. Those who imagine that the menu of these establishments is confined to cabbage and potatoes and beans and fruit would be much surprised to note the elaborate and varied menu which they present. During the past few years a great number of new foods, composed of nuts and other products, have been placed on the market, so that those who prefer to abstain from flesh food have a large variety of other foods to choose from. In London there are probably twenty of these restaurants.

"There are many vegetarians in Los Angeles, and it seems that a first-class vegetarian restaurant, conducted by some one who understands the business, should be a paying investment."

For the comfort of those who reside in Los Angeles we are pleased to state that the managers of the San Francisco Vegetarian Restaurant will soon start a similar restaurant in Los Angeles.

PAMPHLETS received: "The Diagnostic Value of Abdominal Palpation and Diseases of the Intestines," "Carcinoma of the Duodenum," "Simple Method of Administering Hydrochloric Acid," three pamphlets by Charles D. Aaron, M. D. Detroit, Mich.

ARTIFICIAL foods for infants contain too little fat and too much starch.

A SPIDER can live ten months without food.

THE Battle Creek Sanitarium Health Food Company recently received from Mr. Barton Huff, their eastern representative, a single order for five car-loads of their products. In a note to the managers, which accompanied the order from Mr. Huff, it was easy to read between the lines quite a little pardonable pride in the fact that this fine order a little more than rounded out the magnificent sum of one million pounds of health foods, representing the results of the work of the eastern agency under Mr. Huff's management during the last four years. The Health Food Company regard the east as the best market for their products, and Mr. Huff has more than won the foremost place in the company's corps of field agents and managers. Mr. Huff attributes a large share of the good health and ability which have enabled him to accomplish this great task, to the fact that he takes his own medicines, a thing which every doctor does not like to do; in other words, that he himself eats and thrives upon the foods which he recommends to others. Those who knew him twelve years ago, before he became a vegetarian in diet, would scarcely recognize in the rotund, robust, jolly gentleman of to-day the lean, sallow-skinned, despondent individual of the old days. Good food is a good thing. It makes good business men and good business, facts which are demonstrated in Mr. Huff and his work.

—*Good Health, October, 1899.*

BOOK ANNOUNCEMENT.

"THE PHILOSOPHY OF OSTEOPATHY," by A. T. Still, discoverer of the science, is now in press, and will be issued in three or four weeks. The book, we are informed, will be a comprehensive treatise on the science, the first ever written, giving to the world a new field of thought in the art of healing.

OCTOBER 17 witnessed, at the home of T. T. Heald, Healdsburg, Cal., a family reunion, in commemoration of Mr. Heald's arrival in this state, October, 1849. The dinner was under the supervision of Mrs. Dr. Leadsworth; and those present who had not previously learned of the wealth of resources at the command of the vegetarian cook, were agreeably surprised at the extent and variety of the menu, which, however, contained neither tea, coffee, wine, spices, condiments, butter, eggs, flesh meats, nor dairy products. The Sanitarium health foods were a prominent feature of the repast.

We hope to present our readers with a copy of the menu, and with recipes for the various dishes, at a later date.

THE demand for pure foods is steadily increasing. In a recent report of the sales of the Battle Creek Sanitarium Health Food Company, it was stated that a single order called for five car-loads of health foods. One million pounds of these foods have been sold through one agency in the east within four years. The average daily output at the food manufactory amounts to about one thousand dollars worth of food products per day.

A lithographed booklet descriptive of these foods is sent free if you address the Sanitarium Health Food Co., Battle Creek, Mich., and mention this publication.

E. E. PARLIN.

NEVER say to a child, "Stand up straight," or, "Straighten up," but tell him rather to raise his chest, and "stand tall." Once impress upon a boy's mind the importance of standing "tall," and you will find that there is no necessity for telling him to straighten up.

SOMETHING to have,
Something to give,
Something to love,
And a reason to live.