

The PACIFIC HEALTH JOURNAL

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BUSINESS DEPARTMENT

Edited by G. H. Heald, M. D.

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PACIFIC HEALTH JOURNAL

A SOUND MIND IN A SOUND BODY

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IS IT ESSENTIAL TO WORK OUT OUR PHYSICAL SALVATION? NO. II.

BY DAVID PAULSON, M. D.

[Superintendent of Chicago Branch of Battle Creek Sanitarium.]

SOME are born with deformities, while others faithfully cultivate them. A very successful way to produce deformities is by habitually assuming incorrect positions in sitting, standing, or walking. Some invariably, when standing, place the weight on one foot. Others stoop over so that the chest is virtually on the back instead of in front, and the chin hanging out, thus departing as far as possible from that original type of manhood that was made "upright." Like the poor, overworked horse, a large number of humanity seem to have lost their spirit, and they shuffle along in a most languid fashion; and when they sit down there is an evident attempt to fall together just as much as circumstances will allow. Some actually seem to wish that they were constructed on the plan of a telescope, so they could slip still farther together.

One of the most unhealthful positions that can be assumed in a chair is a tendency to lie down in it. This is done by sitting down on the very edge of the chair, then folding the trunk into the chair in such a manner as virtually to produce another joint in the small of the back. (Fig. 3.) Such a position tends to crowd the abdominal viscera out of place. Farmers frequently acquire the habit while driving about, in connection with their work, of sitting bent over with their elbows on their knees, thus virtually converting their spinal columns into semi-circles. (Fig. 4.) After a time nature is sufficiently accommodating to allow the man to maintain this position, even when he is standing



Fig. 1.

up, and then we speak of such an individual as being "bent over with age," when, in reality, it is simply the legitimate deformity with which nature has rewarded the man, as a result of his patient cultivation.



Fig. 2.

most equivalent to mountain climbing. It furnishes nearly eight times as much exercise as walking the same distance on level ground. Thus, it supplies a large amount of exercise in a very short time, which is an important item to a busy student. In walking up-stairs the body should be kept erect, and the muscles of the limbs should be used to elevate the body. (Fig. 5.) The ordinary way is to bend over in such a manner as to relax the abdominal muscles and then fairly run up-stairs in this unnatural position. (Fig. 6.) This is a most successful method of jolting the various abdominal viscera out of their place, and stretching and weakening their ligaments.

A large number of chronic invalids have abdominal muscles that are almost as thin as ribbons, and, consequently, they are often greatly relaxed. Thus, to a large extent, they fail to support the abdominal viscera in their proper position. The abdominal muscles have as important

The languid, shuffling walk that is so frequently seen, is almost so much time wasted. Such an individual might receive more benefit from sitting down under a tree and thinking. To receive profit from walking, it must be energetic.

Walking up-stairs, instead of being disastrous to health, may be made conducive to both health and strength. Nevertheless, when a girl is sent away to boarding-school and is assigned a room on the third or fourth floor, a wail of woe generally reaches her parents to the effect that her health is being ruined by climbing so many flights of stairs, although there is no better exercise than walking up-stairs, if the body is properly poised. It is, then, al-



Fig. 3.

a function to fulfil in keeping the various viscera in their proper places as do the supporting ligaments.



Fig. 4.

If those who have allowed their abdominal muscles to become weakened and relaxed, could only appreciate the important bearing that such a condition has upon their health and happiness,

**Corrective Exercise
for Relaxed
Abdominal Walls**

they would patiently and perseveringly adopt some plan for correcting the same. There is no better method than to spend a few minutes each day lying on the back, and then raising one limb slowly a foot or more, and then replacing it slowly. Then repeat the same with the other limb. (Fig. 7.)

This alternating exercise can be performed for five minutes or more each day to great advantage. In a few weeks both limbs can be raised at the same time, alternating with head and shoulder raising. After a time head, shoulders, and feet may be raised at the same time. This, however, is a very vigorous exercise, and one by which harm can be done if begun too soon. The improvement that can be gained, even in a few months, by enthusiastically and perseveringly following up these simple exercises is much greater than would naturally be anticipated.



Fig. 5.

A large number of women have inherited, and more have cultivated, a greater or less degree of lateral curvature of the spine. When **Spinal Curvature** in the simplest form and when no real deformity of the bones exists, then thorough-going exercise can, to a large degree, correct the same. A simple form of exercise to practise daily is to reach upward as high as possible with the arm on the side where the shoulder is lowest, and at the same time reach down with the other arm and grasp one of the rounds of the chair and pull downward. This will tend to lower this shoulder while the other is being raised. This virtually corrects, for the time being, the spinal curvature. At the same time the muscles are being strengthened by the exercise, and they will gradually develop sufficiently to hold the spinal column in its normal position.

There are thousands of people who are willing to travel over land and sea and do wonderful things, and submit themselves to various experiments, if they can only be encouraged that even the slightest improvement may take place in their condition. Only a small proportion of this multitude can be sufficiently inspired

to appreciate the remarkable benefit which they might derive from a few moments spent each day in persever-



Fig. 6.



Fig. 7.

ingly and intelligently performing some of the various simple forms of exercise.



Fig. 8.

"To render ourselves insensible to pain, we must forfeit also the possibility of happiness."

"BODILY TEMPERATURE"

By W. R. SIMMONS, M. D.

[Superintendent Portland Sanitarium.]

In health the body is kept by the perfection of its most delicate mechanism, at nearly an average temperature of 98.6° . This bodily heat is influenced in many ways. It is increased by physical exercise; an excess of food will also raise the temperature to a slight extent. The amount of heat produced is increased directly and indirectly by the influence of cold about us. The heat production, on the other hand, is lessened under the influence of warmth surrounding the body, as it is protected by the clothing or warm bath.

It is of interest to know that only one-fiftieth part of the heat produced in the body is necessary to warm the food or drink as it enters the stomach. Nearly ten times as much is used in warming the air in the lungs and vaporizing the moisture exuded from the lung surface, which passes out with the air from the lungs. If such a small part of the body heat is thus used, what becomes of the remainder? The skin surface gives off more than five-sixths of the heat produced in the body. This is done by radiation, conduction, and evaporation of moisture. All of these processes may be in action at the same time. They are affected largely in their active variations by the density and temperature of the air, as well as by the amount of movement and moisture it contains. The envelopment of the body in clothing will also greatly influence the amount of heat given off by the skin.

Should a quart of water be evaporated from the skin, the body will lose more than one-fourth of the average surplus heat eliminated in a day. If the air be dry and warm and in motion the quantity evaporated will be much greater than this, and, consequently, the amount of heat given off will be greatly increased by the process of evaporation of this moisture. In cold weather, or when the air is still, warm, and moist, not much heat is lost. The moisture that is secreted by the glands remains on the skin as sweat.

In the colder climate, however, more clothing is necessary, as otherwise a great amount of heat would be lost. Light and loose clothing protects us somewhat from the heat, thus adding much to the comfort of the body in warm weather. Screens of various kinds will reflect or ward off the heat, and thus protect the body. It is of interest to know, also, that black cloth, of whatever fabric, absorbs more than twice as much heat as white or light gray cloth. For this reason it is much better to wear the white or gray material during the summer months. This should be remembered when selecting a hat, for the head should be kept cool, and the heavy black hats not only absorb much more heat, but the bands are heavier and impede the circulation. Clothing that fits very tightly is defective, as it diminishes the air space, which is a non-conductor, and serves to guard the body against cold. On the other hand, clothing should not be worn too loose in the colder months, as a large amount of warmth is lost by the free circulation of air.

ITEMS OF INTEREST

By B. B. BOLTON, M. D.

[Director of the Los Angeles Sanitarium Laboratory.]

ACCORDING to government reports dairymen in Massachusetts have been coloring watered milk with annatto, aniline, orange, and caramel.

✱

The director of the National Board of Health at Buenos Ayres reports that if mosquito bites are rubbed with naphthalene the poison is neutralized, and no swelling follows.

✱

Luther Burbank, the "Wizard of Horticulture," and originator of the Burbank potato and a number of valuable fruits and flowers, has announced another "new creation," which is nothing less than a seedless prune.

Last year California produced 150,000,000 pounds of cured prunes. The elimination of the 7,500,000 seeds from a year's crop would be appreciated by those who use this wholesome fruit.

✱

Three deaths of recent occurrence were caused by eating the *Agaricus torminosus*, a variety of mushroom. The symptoms are those of cholera morbus, and come on about four hours after the mushrooms have been eaten. Certain varieties are always poisonous, while others are never so. The edible mushrooms, while prized by many for their agreeable flavor, have almost no food value, the nitrogenous matter which they contain being in such a form that it is not available for nourishment.

✱

According to the *Scientific American*, a sample of yeast was found to be alive after having been kept in a perfectly dry state for twelve years and two months.

Loaves of bread, made by means of yeast, if not cooked entirely through, may contain sufficient live yeast to cause fermentation in the stomach, and, in cases where this condition gives trouble, a prolonged second baking of the sliced bread, making what is known as zwieback, is very desirable, as, by this means, the bread is thoroughly sterilized as well as dextrinized.

✱

Over fifty years ago it was found that the beneficial influence of pine forests on pulmonary troubles was due to the oil present in the leaves, and the manufacture of the oil has since been an important industry in Germany.

Recently a factory has been established in Oregon, where the yellow pine (*Pinus ponderosa*) bears leaves twenty inches long, and yields ten pounds of

oil to the ton by distillation, while the German pine leaves are but two or three inches long. As the oil sells for over a dollar a pound, the industry promises to be a successful one.



During the recent warm weather we have found samples of cream which contained formaldehyde. This cream remained sweet three days in a warm room, and when cold tasted like pure cream, but some time after eating caused more or less gastric disturbance. Cream taken from the top had, when heated, a disagreeable taste and odor, and chemical examination showed the presence of the adulterant.

Formaldehyde is a powerful irritant to the mucous membrane of the stomach. Owing to the fact that even one part to 30,000 parts of milk can be readily detected, it is not often used in the larger cities, where the milk is subject to inspection.



The *Medical Age* reports a rapid increase in the amount of cocain sold, the greater increase being in sales without a prescription from a physician.

The cocain habit is readily acquired, as it does not produce the disagreeable symptoms occasioned by the use of alcohol or opium. While one-third of a grain has been known to prove fatal, the drug is eventually tolerated in large doses, as much as sixty grains daily having been taken. Emaciation and nervous degeneration invariably follow the prolonged use of the drug, and this is accompanied by a corresponding mental and moral injury, which, in a very short time, places the victim in a condition from which he will make no effort to recover himself.

Cocain sniffing is on the increase in the South among the negroes, and the results are said to be almost the same as those produced by smoking opium.



The action of barley malt, in the conversion of boiled starch into malt sugar, is almost exactly the same as that of the saliva in the digestion of starch. Solutions containing as high as seventeen per cent of malt sugar are produced by the brewers, but, as glucose is cheaper than malt sugar, and will furnish the fermentation and production of alcohol necessary, it is often used.

Lately a large number of cases of poisoning have resulted in England from the use of this kind of beer.

In the manufacture of glucose, instead of subjecting the starch to the action of malt, the desired change is effected by boiling in a weak solution of sulphuric acid, the acid being afterward removed by a special process.

Sulphuric acid, as found in the market, often contains arsenic as an impurity. This arsenic remains in the glucose, and, eventually, finds its way into the adulterated beer.

Mild cases of chronic arsenic poisoning from this kind of beer are not rare, but in the recent experience in England there were a great number of acute cases.

Since these cases have attracted so much attention to the injurious effects of arsenic in beer, the idea has been advanced that arsenic might also be the cause of alcoholic neuritis, a disease in which neuralgic pains, convulsions, and wrist and foot paralysis are symptoms. This disease was described by Jackson, of Boston, as early as 1822, and has been considered as due to the injurious effect of alcohol upon the nervous system.

The June number of the *Lancet* reports a special investigation of 120 cases of alcoholic neuritis, with special reference to their habits with regard to the use of alcohol, and the results of treatment with arsenic. It was found that "alcoholic neuritis is more often found in the sequel of spirit-drinking than in other forms of alcoholism, and that clinical evidence is antagonistic to the idea that arsenic is the cause of alcoholic neuritis.

"Of twenty-four cases treated with arsenic three were cured, twelve were greatly improved, and nine were improved. No case was unfavorably influenced, as one might expect were arsenic the cause of the affection."

Evidently, in this disease "good pure liquor" is not safe to use, and must be classed with adulterated beer as a cause of disease.



Owing to a growing realization of the fact that coffee is injurious, there has appeared on the market, during the last few years, a large number of substitutes for coffee.

Some of these the manufacturers "modestly" claim to be:—

"Healthful and *nutritious*." "In every sense a pure health *food*." "A perfect *food*, in liquid form." "A pure *food* drink." "It's *nourishing* and *strengthening*." "A palatable, nutritious, and wholesome beverage." "It tones the blood, and by its daily use will impart the healthful glow of youth." "It nourishes, strengthens, and vitalizes." "A natural food drink." "Contains the phosphorus besides other nourishment of the grain in a *concentrated* form." "Recommended by the medical profession for its *nutritious* and healthful properties," etc.

Because of the extravagant claims made for the *nutritive* value of the decoctions prepared from these coffee substitutes, the Maine Agricultural Experiment Station made careful analysis of a number of samples, and in Bulletin 65, in commenting on the figures obtained, says:—

"Skimmed milk is generally considered a pretty thin beverage, but, as seen from the following table, it contains from three to twenty times as much solids as these so-called nutritious drinks. . . . Viewed from the *nutritive* standpoint alone, . . . these coffee substitutes, like coffee itself, depend more for their food value upon the cream and sugar used than upon their own soluble constituents."

The only honest claim that can be made for cereal coffees is that they furnish a palatable, hot drink, free from the injurious substances present in coffee, and such a cereal coffee, if in itself free from objectionable substances, serves a useful purpose.

EDITORIAL DEPARTMENT

MENTAL HEALING

WRONG acts and words are preceded by evil thoughts. "As a man thinketh in his heart, so is he." The Great Physician, intimately acquainted with man's mental and physical relationships, said, "A good man out of the good treasure of the heart bringeth forth good things; and an evil man out of the evil treasure bringeth forth evil things."

This does not intimate that the evil man may also have a good treasure in his heart; for just above is the question, "How can ye, being evil, speak good things? for out of the abundance of the heart the mouth speaketh." The evil man has a heart or mind totally evil.

The brain evolves thought, or thoughts, the direction of the thought being due partly to the impressions on the brain through the various senses, as sight, hearing, taste, smell, etc., partly to the previous habit or education of the brain, and partly to the will. While the brain produces thought, every thought changes the brain. It is easier for the mind to follow an old beaten path than to develop a new path. Repetition of thoughts, words, and acts forms habits.

The undeveloped brain may be compared to a garden capable of growing either food plants or weeds. If a weed gets a foothold, and is not uprooted, it bears multitudes of seeds, and, as a result, the garden patch becomes weedy.

And with a little neglect the condition rapidly grows worse. The garden produces the plants, and if these are allowed to remain they determine what the future of the garden shall be. Much more is the brain influenced by the thoughts which pass through it. The "evil man with the evil treasure" is one who has allowed one evil thought to germinate—go to seed—and bring forth a host of other evil thoughts.

When the garden has gone entirely to weeds, when the mind has been given over to the control of evil thoughts, it seems a well-nigh hopeless task to make a change. "Can the Ethiopian change his skin, or the leopard change his spots? Then may ye do good that are accustomed to do evil?" This is simply the statement of a physiological law.

The same thought is also couched in these words, "Whatsoever a man soweth, that shall he also reap. For he that soweth to his flesh shall of the flesh reap corruption."

Does this mean that there is no hope for him who has gone astray?—By no means. It is his privilege to sow good seeds. The evil seeds will continue coming up for a long time, in spite of his best efforts, and may at times almost hide the good seed. But if he continues faithfully sowing the good seed, the result will, eventually, be a good harvest. "He that soweth to the Spirit shall of the Spirit reap life everlasting."

Every one knows when he is thinking right thoughts and when he is

thinking wrong thoughts. He may be accustomed from childhood to envy, malice, fretting, worrying, deception, lust; but he knows that these are wrong, and, if he will, he can *stop each evil thought at the threshold*. When it once gets a firm foothold, it is hard to dislodge.

It will not do to attempt to hoe up the weeds, and have a clean garden. The brain will not tolerate a vacuum. Something must be growing. Pay no attention to the evil thoughts, but plant the good thoughts so rapidly that there shall be no room for the evil thoughts.

Our little child sometimes is all out of sorts. Everything is wrong. Nothing pleases her. The words, "Can't you smile a little?" pleasantly spoken, bring a wonderful change over her. The effort to smile changes the whole tenor of her thoughts.

When one is blue, or discouraged, or disappointed, or angry, let him ask himself, "Can't you smile a little?" Let him think of some of the blessings he has been receiving. Let his heart go out in gratitude for some of the gifts which he has been using, and for which he has failed to return thanks to the Giver. The result will be a marvelous change.

What is prayer? Is it a means by which we are to advise God what to do, or persuade Him to change His purpose? Is it not rather a means by which we can change the current of our thought into one of trust, and gratitude, and submission to the divine will? Does God change His plans to meet our finite prayers, or does He not rather change us in our prayers, so that we pray in accordance with His divine will? Real prayer converse with Divinity is health to the soul.

"Trust in the Lord with all thine heart, and lean not to thine own understanding. In all thy ways acknowledge Him, and He shall direct thy paths. Be not wise in thine own eyes; fear the Lord and depart from evil. It shall be health to thy navel and marrow to thy bones."

APPETITE AND APPETITES

LIFE as we see it is dependent upon appetite. Every cell, every animal from the least to the greatest, lives because it has an appetite. There is something that calls for nourishment and causes the organism to seek it. This is the instinct of self-preservation. As a rule, the gratification of the appetite is the means of preserving the individual and the species. But many of these appetites have become perverted, so that then gratification tends to decay rather than life. In some lower forms of life the gratification of the sexual function, while it preserves the species, causes the death of the organisms concerned. In the higher forms of life the use of this function is attended by the expenditure of a great amount of vital force; and where through perverted appetite it is unduly used, or abused, it leads to early decay, physical, mental, and moral. Nothing will so surely wreck a person's prospects in life as will indulgence in this line. As we look over the world we see hosts of incompetent, unreliable persons, never making a success of anything, wondering, perhaps, why they are in the world, having no aim in life outside of a mere comfortable existence—or if they have a higher aim, despondent because they see the hopelessness of

reaching what they desire. We see nervous wrecks, self-centered and miserable, making their friends miserable. We see those who in their teens gave every promise of success, suddenly lose their hold on life and drop into a speedy decline. We see everywhere, painters, carpenters, seamstresses, bookkeepers, physicians—men and women in all professions and trades, who are not masters of their occupation, but who simply "pass in the crowd." Part of this is due to hereditary influence, part to wrong education, but very largely to the misuse of that function which should be to us most sacred. In these cases, an unhealthy appetite leads its votaries on to destruction.

The appetite for food, implanted by the Creator to serve as a conservator of life, becomes often the tyrant which drives to perdition. As has been said of fire, appetite is a faithful servant but a hard master. To parley with it is to fall. Hesitation is fatal; one must say *no*, and mean it, to every temptation to indulgence, for every time one yields it is the harder next time to resist. On the other hand, "Each victory will help us some other to win." There is a wonderful truth in that little stanza:—

"Yield not to temptation, for yielding is sin;
Each victory will help you some other to win;
Fight manfully onward, dark passions subdue,
Look ever to Jesus, He'll carry you through."

Healthy appetites mean healthy lives. Unhealthy appetites, yielded to, become stronger; resisted, become weaker. It is possible for every individual, with divine help, to crush every unhealthy, abnormal appetite, and cultivate such appetites as will make the most healthful life the most natural life.

Sometimes one, while not indulging in an appetite physically, does so mentally; a course which, if persisted in, will eventually result in the physical indulgence. Those who have given up the use of meat, sometimes express themselves as longing for a tender steak or a piece of chicken. The admission of such longings to the mind, makes it more clamorous for recognition, and increases the difficulty of overcoming the appetite.

Mental unchastity is about as evil in its effects as physical unchastity. In fact, one usually results in the other sooner or later. The time to deal with a wrong thought or emotion is at its inception. By watching, one can know when a wrong thought is entering the mind, and nip it in the bud, not by keeping the mind fixed on the evil thought but by filling the mind with good thoughts.

DUST

THIS is a familiar word associated with a very familiar object. We are apt to look upon dust merely from an esthetic standpoint or from the standpoint of inconvenience. It doesn't look well. It offends one's sense of propriety. It gives one a reputation of being a poor housekeeper, and so all visible dust on furniture, walls or floor is rendered invisible by means of the housekeeper's art.

When subjected to microscopic examination, dust proves to be a little world. Beautiful crystals and forms may be revealed, but much of the matter will prove to be organic, the product of the wear and tear of furniture, walls, carpets, and clothing, dried epithelial cells from the surface of the body, possibly

also from the air passages, also excremental matter from the street or barnyard, all in process of decomposition. Bacteria or germs are present, plenty of them, and it is not at all unlikely that some disease-producing organisms are there with the rest. Consumptives may have passed by the house, expectorating in the street or on the sidewalk. This small quantity of sputum contains bacilli to be reckoned by the thousands?—no, *millions*, if you have any conception of what that means. It means that a minute drop of that sputum, so small that it would hardly be seen, may contain thousands of bacilli. As it dries, this becomes dust and is carried everywhere. Screens, doors, and windows do not keep it out. The dust brush will not drive it out. It only raises a cloud in the air, to be taken into the lungs.

If one can not properly dispose of dust, it is far more sensible, far more hygienic, to leave it where it is. Dusting merely causes it to change places, float around in the air awhile, enter some one's lungs if possible, or perhaps into the eye to cause inflammation, or to drop back onto the floor or furniture, and go through the same process the next day. If there were only half a dozen tubercle bacilli in the room, this continued raising of dust would be the method to adopt in order to insure that the germs find lodgment where they can accomplish their work. The damp dust cloth should invariably replace the duster. As to sweeping carpets, there should be no carpets to sweep. They are an abomination, the conservers of filth, the relic of a past age when the danger from dust was not understood. In the sick-room they are doubly out of place. The emanatus from the sick find a lodgment there. A broom, to be at all effective, must raise a dust, perhaps invisible, but by no means free from danger. Modern pulmonary sanatoria permit no carpets whatever in the rooms, and never allow the rooms to be swept or the furniture dusted. Floors are mopped and the rest of the room and furniture are gone over with cloths dampened with disinfectant solution. Perhaps the time will come when all well-regulated households will be conducted on this plan. Linoleums and oilcloths are better than carpets, but they favor the dry rotting of the floor beneath—an unsanitary condition.

The best floor is of hard wood, oiled and polished, which can be wiped daily with a damp cloth. Rugs may be used, which can readily be taken out and beaten, but the beating of rugs is an undesirable process, endangering the beater, and setting free the germs, to be whisked about by every air current. The time may come when all such dust catchers will be considered—what they really are—vulgar. In a line with this is all upholstered furniture, except such as is lined with smooth leather or other substance which may be wiped, and which is impervious to dust. That style of upholstery which is tied down with buttons placed at intervals of a few inches is especially obnoxious. Modern hospitals and operating rooms are setting the pace in these lines, and the intelligent will surely follow though the change may be gradual. It is too much to hope that these changes will become general for some time to come.

This article is a little too radical to be accepted as practical by the majority of readers, but it will set some to thinking, and possibly a few to acting. Education along these lines moves slowly. As with clothing and diet, so with this subject, many do not live as well as they know.

NOTES AND COMMENTS

ADULTERATED FOODS

NOT long ago it was reported that the "Producers' Pure Milk Company," of Chicago, had been caught selling poisonously adulterated milk. It has also become current talk that dealers in fresh fruits preserve them in formaldehyde. This, as well as salicylic acid, is well known to be a dangerous antiseptic. J. Dunraven Young, an analytical and consulting chemist and assayer, speaking of the adulteration of food, said: "It is hard to put into words the truth about the wholesale adulteration of foodstuffs of all descriptions that is being carried on every day by unscrupulous dealers and wholesalers all over the country. Official watchfulness is doing its best, particularly in large cities, but what I call 'up-to-date' adulteration outstrips all efforts of guardians of the public health to keep pace with it. The truth of the matter is that nowadays half of the chemists in the world earn their living by watching the other half." This is an appalling statement, and leads one to ask what he is to do, under the circumstances. Those who are too poor to employ a chemist detective, would seem to be left helpless. But not so; there are foods made by the Sanitarium Food Co. which are entirely reliable and can be vouched for by the managers of this journal. At any rate, let every one assure himself of the purity of the food he eats, lest he become the victim of conscienceless dealers. c.

IS TUBERCULOSIS CURABLE

ONE of the greatest questions now being discussed in medical circles is that of the nature of tuberculosis. Is it a contagious disorder? Is it curable? On these points leading minds disagree. Dr. Robert Koch, the celebrated German scientist, recently declared before a British medical congress that what is known as "bovine" tuberculosis can not be communicated to the human system, hence there is no danger of infection from the use of dairy products.

The chief source of contagion, he said, was from the sputum of consumptives. His remedy is to isolate in sanitariums all such unfortunates.

The statements of Dr. Koch were not fully received by all leading men in the fraternity; in fact, some disagreed entirely with him. Professor Brounardel, dean of the medical faculty of Paris, believed the disease to be curable. But he felt sure that there was danger in partaking of infected meat and milk. He suggested legislation as a remedy by which to protect the people from contagion.

Prof. John McFadyean, of the Royal Veterinary College, thought that the grounds on which Dr. Koch based his belief were either not well founded or they had no bearing on the question. He contended that human and bovine tuberculosis are identical, and that milk from tubercular cows is distinctly dangerous to human beings.

Many others at the congress dissented from the views expressed by Dr. Koch, and at a final meeting held under the presidency of Lord Derby, resolutions were adopted in favor of legislation to prevent expectoration in public places, in order to prevent, as much as possible, the spread of tuberculosis. A resolution was also adopted expressing the opinion that efforts should be continued to prevent the spread of the disease through milk and meat. An international committee, to be named by the various governments, was advocated, to collect evidence, publish literature, and recommend means of preventing the spread of tuberculosis.

If such a committee shall be appointed, and it performs the duties recommended, some facts of great importance will probably be brought to light. The public can only rejoice that something is contemplated by which immunity from the dread disease may be secured. In the meantime, the greatest precaution should be exercised in all directions, especially in the way of diet. It will be well in the meantime to give flesh foods a wide berth, taking into the stomach only those foods known to be free from infectious disease. Grains, fruits, and nuts stand in this list, and constitute the only safe diet of the present time.

C.

"THERE are no two whose talents are rivals or whose gifts conflict or interfere. How this thought ought to put an end at once to all the envy of life!"



DR. EVANS, of the Eureka Branch of the St. Helena Sanitarium, writes: "We are all quite busy. Every room in the house is occupied, and we have a bed in each treatment-room, which is also occupied."



THE Los Angeles Sanitarium is working to its full capacity. Dr. Moran reports that he daily has applications for accommodations in the sanitarium which he is unable to comply with on account of room. The receipts in the sanitarium and restaurant are growing from month to month.

They have recently purchased a number of cows and chickens, and now supply their own milk and eggs.



DR. LEADSWORTH reports: "Our new hospital building is being pushed along at a rapid rate, and we hope, inside of a couple of months, to have modern-equipped bath rooms, with operating room and wards for surgical cases. Our nurses' classes number about twenty-four, besides about six graduates. By having treatment rooms in the heart of the city we keep in touch with a large number of patients, and thus are able to keep our sanitarium well filled."

Spokane, Wash.

WOMAN'S DEPARTMENT

CONDUCTED BY MRS. M. C. WILCOX, 418 EAST 23D STREET, OAKLAND, CAL.

WHAT MAKES A WOMAN?

Not courtly dress nor queenly air;
Not jeweled hand, complexion fair;
Not graceful form nor lofty tread;
Not paint, nor curls, nor splendid head,
Nor pearly teeth, nor sparkling eyes;
Not voice that nightingale outvies;
Not breath as sweet as eglantine;
Not gaudy gems, nor fabrics fine;
Not all the stores of fashion's mart,

Nor yet the blandishments of art;
Not one, nor all of these combined,
Can make one woman true, refined.
'Tis not the casket that we prize,
But that which in the casket lies!
These outward charms which please
the sight
Are naught, unless the *heart* be right.
—Selected.

ESSENTIAL FEATURES OF THE IDEAL DRESS

By Mrs. LENA K. SADLER

THE first essential of the ideal dress is that it should provide for the physical development of the body. Each garment should be so suspended that every muscle may have perfect freedom of movement. Corsets, bands, etc., which constrict the waist invariably tend to produce a derangement of the internal organs, and very often serious diseases result.

Encased in a stiff corset, the muscles of the trunk are weakened, or remain undeveloped, just as the muscle of the arm would be, if similarly compressed. As a result of compressing the waist the abdominal muscles and the muscles of the back are weakened. The natural curve of the spine is destroyed, resulting in a depression of the chest, thus permitting the shoulders to fall forward.

These conditions destroy the natural curves and lines of the body, which are not only necessary for good health but are also essential to a natural and graceful carriage.

The ideal dress protects the body, and at the same time does not interfere with the circulation of the blood. Too much covering of the trunk and too little of the extremities unequalizes the circulation, and, habitually, cold feet and hands are the result.

From neck to wrists and ankles the body should be clad in soft warm material the year round. In the case of undergarments, it is much better to wear union suits and thus avoid an overlapping of garments at the waist, which produces too much heat over the abdominal organs, where there is least need of additional warmth.

The clothing should fit easily, and in no way interfere with a free, full, natural respiration.

The ideal dress should fit the natural form. Who has not heard the fashionable dressmaker, in speaking of some young miss, say, "Her figure must be formed." Day by day the natural form is forced into an artificial mould.

Fashion has ruled so long that many mothers pride themselves upon the smallness of their daughters' deformed waists.

Is it more barbarous for the savage mother to flatten the skull of her little one's head, or for Chinese mothers to compress their daughters' feet?

"An erect head, well-curved back, prominent chest, retracted abdomen, and firmly-set limbs are indicative of an energized carriage of the body, which is characteristic of health."

No "padding" or appendages are needed on such a figure. The natural curves of the body, if heeded in dress-making, make fitting and draping an easy task.

In dress we should seek that which is simple, comfortable, convenient, and appropriate for age and size.

Simplicity of dress will make a sensible woman appear to best advantage. Character is often judged by the mode of dress.

Superfluity of adornment and display of dress denotes vanity, and anything but strength of character.

The style of dress adopted by the tall, thin woman should be such that would lessen rather than magnify her physical peculiarities; while the short, stout woman may so adjust her garments that her defects may, in a measure, be hidden.

The form should be studied, and then great care given the selection of material as well as a style for making it up.

There are many reasons why the conventional dress is too long:—

First. It prevents freedom in walking, and often proves a source of inconvenience to others.

Second. There is an additional weight on the hips.

Third. The long skirt, trailing in the grass and dirt, becomes bedrabbled.

Fourth. In this damp, soiled condition the extremities are often chilled—many times resulting in bad colds and even more serious maladies.

SOME ESSENTIALS IN HIGHER EDUCATION

By H. J. MAXSON, M. D.

It has been said that where love is there is home. This we own is the largest requisite. Love will cover a multitude of inconsistencies, but no one will claim that home is not vastly sweeter to the man or child who goes to a well-kept house, at the same time he seeks the heart of wife or mother. But let us look at the subject carefully. Could love obtain, think you, with a continuous pain in the stomach, the result of badly-cooked food? Would even this make a perfect home when the corners are filled with dust, the beds made askew, with bedding soiled, the table set hit or miss, or with the dishes washed with the sink cloth? It is not so much time or strength that is required to keep the home as skill. If one cooks at all it is just as easy to cook well. One cook will have her sink filled with soiled dishes, and her table, perhaps her floor, strewn with vegetables, fruit-jars, and sundry other things, while

another will never have a soiled dish for ten minutes at a time. There will be a place for everything, and everything in its place. The latter will take fewer steps and be far less tired when the day is over.

It is just as easy to have a clean cloth for the table dishes, another for the stove furniture, and still another for the floor and sink, having a nail for each and putting each in its place, as to have one for all. It is just as easy to put the dishes on the table in a neat, tasty manner as to throw them on.

It is all a matter of training. It is a good deal easier to have a place in your bureau drawer for each article and put it there than to tuck everything into your drawer in haphazard way, and waste many precious moments hunting for them when you want to use them. The same is true of your clothes closet and its belongings. Every one should remember when she goes to bed at night that she may need to dress hurriedly and in the dark before morning.

It takes but a moment of time upon arising in the morning to place your bed clothes smoothly over a chair and put your bed airing, to hang up your gown and leave your bedroom so it will present an air of comfort, even if you are unable to enter it again before time for retiring.

It does take more time to sweep and dust than to "let it go," but very little more if things are kept dusted, and the rest that comes to the well-trained soul more than compensates for the extra energy expended. A systematic training in house duties is a most excellent fitting for any vocation in life, however foreign in its immediate requirements to the duties of a housewife. A telegraph operator will do her work better if she be trained to system and order, and certainly she will be happier if she can feel that every article in her possession is in its proper place. Even the school-teacher or the writer of books will enjoy a camping trip better if she has confidence in her power to supply her cook's place in case of her failure.

Many of the training-schools for nurses are requiring, as one of their conditions of entrance, a high school diploma. We have been connected with training-schools for nurses for many years. While we would rather all our pupils should have a good school education, we would infinitely prefer they would understand the elements of good cooking, know how to keep rolls of dust from the floor without suffocating the occupant of the room with dust, how to keep nice rugs clean without beating off the edges, and how to wash a nice piece of white flannel, keeping it soft and white without shrinking it.

It is not so much strength or time that is needed in housekeeping and home-making as it is skill and thought; hence the sacred importance of home training for our children, our boys as well as our girls; for it is discouraging and heart-trying to the tired wife and mother to have shoes, hats, and coats thrown promiscuously about her well-kept room, or to have the table napkins left unfolded.

Mothers, train your girls to systematic housework, and they will be a comfort to you, to themselves, and to posterity. Train your boys to be helpers, meet for the home, and they will be deserving of a "help meet" for life.

Oakland, Cal.

WOMANLINESS

BY MRS. RAY MORSE

"Der ewige weibliche zieht uns hinan" (The ever womanly draws us on). Then we injure our influence as we lose our "womanliness." It would seem that God had some such thought in mind when he inspired man to write, "The woman shall not wear that which pertaineth to man, . . . but adorn themselves in modest apparel, with shamefacedness and sobriety; . . . be grave, not slanderous, sober, faithful in all things."

Consider for a moment the ancient types of beautiful womanhood; the women we love to read about and admire. Read the glorious delineation of woman in the thirty-first chapter of Proverbs. Do you fancy a woman could be all that is required of her there without health? and can she have health, even under the most favorable conditions, if the important particular of dress is not properly attended to? Oh, for the freedom of other days—the uncorseted, unpinned and unhairpinned, unbustled, and unshod days! Then perhaps we would meet again the sobriety, modesty, faithfulness, and ever womanliness to draw us on.

A woman should be the embodiment of all that is gracious, lovely and loving, winsome and winning. There should be nothing "false" about her. It is sad, but none the less true, most of us dress, not considering the needs of our body, not even to please ourselves, but that we may be admired of man. It has often occurred to me that it must seem to men, after they have been disillusioned, that—

"Women, like glowworms, afar off shine bright,
But looked at near have neither heat nor light."

What seemed to them at a distance a beautiful bit of God's handiwork, the very acme of perfection, they find upon close inspection, to be a crumbling ruin, full of flaws and daubs, imperfections, and deceptions. Can we expect love to abide where deception exists?

If mothers would begin in time, daughters would be made to understand the importance of dressing properly and at the same time well. There is no need to dress dowdily because we mean to dress healthfully. The writer knows a young woman, beautifully formed, her carriage is superb, and she has more natural grace and ease than the majority of women, despite the fact that she weighs one hundred and fifty pounds, and scorns the paraphernalia which most women need to "dress." It would do you good to see her,—to see the lilies and roses chase each other in her cheeks,—and you may be assured she does not lack admirers.

We are fond of the charms of our sex; we cherish health of mind and body; yet we are just as surely blindly and madly obliterating these treasures from our lives as the day dawns, while we cling to heavy skirts and tight clothing.

Who will be emancipators of this evil? Will you help, reader? Can you help unless you do so by example as well as by precept?

THE COOKING SCHOOL

SOME TOMATO DISHES

BY MRS. J. H. COLVIN

Tomatoes with Bread.—Tomatoes, salt, butter, stale bread. To one quart tomatoes add salt and butter, boil, and pour over two or three slices of stale bread.

Tomatoes with Cream.—Tomatoes, one quart, cooked until done; cream, one cup; flour, one tablespoonful; salt; thicken the cream with the flour, add the cooked tomatoes. Salt to taste.

Tomatoes and Macaroni.—Macaroni, one-half pound; strained tomatoes, one pint; butter, salt, water. Break macaroni into pieces about an inch long, cover with boiling water and cook until tender. Pour water off and add tomatoes, butter and salt.

Tomato Soup.—Tomatoes, one pint; milk, one quart; flour, one tablespoonful. Bring one quart of milk to the boil, thicken with one tablespoonful flour which has been braided in a little cold milk, boil thoroughly, and add one pint tomatoes which have been passed through a colander.

Tomato Soup with Pearl Barley.—Pearl barley, one cup; strained tomatoes, one pint; butter, salt, water, toasted bread. Cook one cup pearl barley in water so it will make about a quart of liquid when done. Add one pint strained tomatoes, butter the size of an egg, salt, and serve with sippets of toasted bread.

To Cook Crystal Wheat.—Take equal parts of crystal wheat and water. Stir together. Put into a bake-tin; cook in a moderate oven one hour.

String Bean Salad.—String fresh beans. Leave the beans whole. Put to soak in boiling water, with salt added. Cook from one to three hours, according to variety and age. When done drain and serve with slices of lemon.

Cream Pea Soups.—Take fresh canned or dry peas. Cook till tender, then put through a colander to remove skins. Add sufficient thin almond cream to make the soup the proper consistency. Heat and serve with croutons.

Potato Balls.—Take cold mashed potatoes. Season with salt and chopped onion and parsley if desired. Form into balls the size of an egg. Dip in almond cream and roll in toasted bread crumbs or crushed granose crumbs. Place the balls in an oiled pan and brown in the oven.

Pearl Barley Pudding.—Wash one cup of pearl barley and put to cook in a double boiler in five cups of boiling water. Cook four hours. A few moments before serving, stir into the barley one cup of steamed seedless raisins. If desired, this pudding can be served cold. Mould in cups. Serve with any rich fruit juice.

“Food should be thoroughly cooked, nicely prepared, and appetizing.”

QUESTION DEPARTMENT

Why do so many people habitually shed so many tears ?

TEARS are merely the natural water of the eye, which serves a most useful purpose in the economy. It is actually essential for the health of this important organ. The tear glands are worked upon by a variety of influences. Every influence that would naturally cause the eye to become dry and injure its perfect vision, is so arranged by nature as to produce an abundance of tears. All the emotions when intensely worked upon will also produce this overflow. It is not necessarily a bad sign that the extra emotion should find vent by this form of elimination. The habitual practise of crying, however, is an indication that the emotions are being habitually wrought upon in an abnormal way, and conditions which thus work upon the emotions need to be removed in order that harm may not result to them, and to the mind, which is so closely associated with them.

What are the benefits to be derived from a fruit diet ?

It is a good thing to correct certain evils in the system. It may be prescribed for plethoric individuals where the storehouses of the body are surcharged with the overproduction of nutriment, and it also can be given with advantage to that class of people in whom the digestive organs have been overworked by excessive indulgence. It is further very useful as a remedial measure in the treatment of the digestive disorders in which the alimentary canal suffers severely on account of fermentation.

In the first class of cases an individual may thrive upon a fruit diet for a number of days or weeks. The liver and the other storehouses of the body that have been laden with a heavy burden will have a chance to use up the surplus material, and thus become more healthy and active.

In the second class of cases there is no way that will so nicely rest the digestive organs when they have been burdened with overwork, as to give them the light work to do that is necessary to digest ripe fruit, and if this is not kept up sufficiently long so that nutrition is interfered with, the digestive organs will rapidly recuperate under the influence of this restful change.

In the last class, where the germs of fermentation are thriving in the alimentary canal, they can be starved out more quickly by fruit than by any other means. Some fruit juices are antiseptic in their nature, but the chief advantage of this diet is the fact that it gives the germs nothing to live upon. At the same time the bulk of the fruit keeps up the mechanical work of the alimentary canal, and with its stimulating effect on the large intestine, the germs are carried away by the elimination of the bowel, and the tract left sweet and clean. In the treatment of this third class of cases, care should be taken to see that the system is not impoverished by want of food before the germs are starved and cleared away.

Definition of Health.—What is health? and are there really any healthy persons?

The term "health" is frequently used to denote an absence of pain and discomfort, but it embraces much more. It means a sound mind in a sound body—the perfection of all the bodily functions. Perfect health is rare. There are many persons who consider themselves healthy who are not. To some persons perfect health is impossible; but there are doubtless few who have as good health as they might were they to conscientiously live for health. Nearly every one knows better than he practises. One who does not overeat or indulge in harmful indulgences, may at the same time deprive himself of needed sleep. There are few, indeed, who obey fully the laws of health.

Cooking and Digestibility.—Does cooking increase the digestibility of foods?

Cooking renders starchy foods more digestible. Boiling starch breaks the outer shell of the starch granules, liberating the starch. Saliva has no action whatever on raw starch, but acts very rapidly on boiled starch. Oven cooking partly digests starch, turning it into dextrin. Cooking milk renders it slightly less digestible, and perhaps a trifle more constipating. Cooking eggs decreases their digestibility. Cooking meat, if properly done, softens the fibrous part, turning it into jelly, but coagulates the albumen of the meat, making it harder to digest. The most digestible form of meat is raw scraped steak, but this would be disgusting to most persons and is dangerous, as it would increase the liability of disease transmission; most of the parasite diseases, as tapeworm, trichinosis, etc., to say nothing

of consumption, come from the use of imperfectly-cooked meats, or other animal products. So, if meat, milk, etc., *must* be used, they should be thoroughly cooked. Cooking also brings out agreeable flavors in most foods, which is an aid to digestion.

How much water should a person drink during a warm day?

No definite rule can be made; but it should be sufficient for replenishing the supply that has been used by the active glands of elimination, so that the system would not be robbed of its fluid. People should drink more water in summer than in winter, but there is usually not so much danger of a person's not drinking enough water on a hot day as there is in cooler weather. When enough fluid is not taken into the system, and the skin eliminates freely, the other organs, as the kidneys, are left with but a small quantity to do their work; and also the secretive glands are hampered in their efforts. The urine will become small in quantity, with a high specific gravity. A person may not be conscious that there is any deficiency in the work of these organs; but the lessened amount of fluid puts them upon an extra strain; and the foundation of disease is often laid in this way.

People often make the mistake of drinking too much fluid at one time, which produces stomach disorder. It had better be taken in lesser quantities at shorter intervals; and never should the fluid taken in twenty-four hours during warm weather be less than four glasses.

"If your work is sedentary, take exercise every day, and at each meal eat only two or three kinds of simple food."

WHICH is the best material for underwear to protect and strengthen the skin?

The skin of the hands and face, which have no covering, is far more hardy than that of other parts of the body. The greatest protection might not necessarily be followed by increased power of resistance. The story is often told of the shivering white man, all muffled up, who approached an almost nude Indian, asking him why he was not cold. The Indian asked, "White man's face cold?" "No." "Injun all face."

The process of exposing the body to all kinds of inclement weather has rendered it highly resistant to cold. To strengthen the skin the least possible amount of clothing should be used. And in one way this might be said to be the best method to protect the skin. The Indian with his scanty wardrobe was really better protected from the cold than the white man with his heavy undergarments, overcoat, etc.; but it was the protection of a superb vitality, and not of superfluous clothing.

Regarding the material best fitted for covering the skin, it should be one which absorbs moisture readily,

and gives it up readily. It should be a poor conductor of heat. Wool is excellent so far as its power of retaining heat is concerned, but it is far inferior to either cotton or linen in its absorbing or its drying qualities. One can readily make the test, using towels made of linen, cotton, and flannel, to wipe the face. They will absorb in the order given, the linen being far superior to the wool. To compare the drying qualities hang up linen, cotton, and woollen goods of the same grade, and note which is dry the quickest.

While ordinary linen is superior in these respects, it is inferior because it transmits heat too easily; but "linen mesh" is so woven that it contains considerable air in its meshes and so is a poor conductor of heat; but at present it is so expensive as to be beyond the reach of the ordinary buyer.

Fleecy cotton goods rank next. They are much cheaper, and, in the opinion of the writer, answer every purpose as an all-around summer and winter material. The outer clothing may be of wool in cold climates.

H.

IN Colorado, in the future, all children attending public schools who are suffering from tuberculosis will be excluded.

A FOREIGN physician asserts that the pain of neuralgia, if superficial, can be relieved by throwing a beam from a bright arc light upon the affected part.

THE English house of Lords has passed a bill that provides special penalties for habitual drunkenness, and also provides that habitual drunkenness shall be treated as persistent cruelty and entitle a wife to divorce.

MAX NASSAUER asserts that an incipient cold in the head, with all its unpleasant sequelæ, can be checked every time, in the first hour or so, if the nose is thoroughly rinsed out with a weak solution of potassium permanganate, which seems to have a specific action upon the germs causing the trouble.

MEDICAL MISSIONS

THE HELPING HAND MISSION

IN January, 1898, the burden of establishing mission homes for the destitute and unemployed men of our large cities, reached the Pacific Coast. Previous to that time more than forty city missions had been established in various places in the East. Those who had visited the Workingmen's Homes in Chicago and elsewhere, had returned with glowing accounts of the practical work that was being accomplished; and early in 1898 the spirit of obedience to that command, "Go out quickly into the streets and lanes of the city, and bring in hither the poor, and the maimed, and the halt, and the blind," found expression in an organized effort for the destitute and unemployed of San Francisco.

The chief of police was called upon and asked to designate the most troublesome portion of the city. The present site of the mission was pointed out as being in one of the worst places in San Francisco, and for this very reason was deemed the best place for the location of the Helping Hand Mission. The buildings, which had formerly been used as saloons and resorts, were in a very unsanitary condition, necessitating a thorough renovation from cellar to garret. During the work of renovation and overhauling a large concrete raised platform in the basement of one of the buildings, which it is said was formerly used by John L. Sullivan as training quarters, was removed; and various apparatus and appliances for crime and robbery, that had been hidden away in the chimneys and holes in walls, were brought to light.

While willing hands were thus transforming the buildings, others were engaged in securing furniture and means for the prosecution of the work, and on the 28th of February the place was formally opened and dedicated. entirely free of debt. Without a dollar with which to begin the work, or to rent a building, two three-story and basement buildings had been rented, thoroughly cleansed from top to bottom, fitted up with comfortable beds and sleeping accommodations for about 150 men, with kitchen, restaurant, chapel, office, and dispensary, treatment, bath and wash rooms, at a cost of something like \$1,600, every cent of which has been raised from the voluntary offerings and gifts of the people.

A little over \$9,000 has been expended per annum. Several physicians have given an hour of their time for six days in each week to the free clinic, conducted for the benefit of the poor. The value of the services thus rendered, if reckoned in dollars and cents, would make the actual cost of conducting the mission for the three years not less than \$30,000.

We begin to realize more perfectly the actual results that have been accomplished. Of those professing conversion it is true that but few have united with the churches, and some, even of these, have gone back to the elements of the world, but others, we are glad to say, are to-day living monuments of the power of the gospel to reclaim and redeem. And if but one soul shall be saved eternally as the result of the work of this mission, who will say that the labor has been in vain, or that the cost is too great?

E. E. PARLIN.

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ALL mail intended for the St. Helena Sanitarium should be addressed Sanitarium, Cal.



THE present medical staff of the St. Helena Sanitarium is: A. J. Sanderson, M. D., medical superintendent; H. E. Brighouse, M. D., lady physician; W. Harriman Jones, M. D., house physician.



WORK is being rapidly pushed on the new heating plant of the St. Helena Sanitarium. The work is in the hands of experts, who give assurance that the new plant will give a maximum of service with a minimum of noise.



MR. T. A. KILGORE, formerly of the Pacific Press, Oakland, has been chosen business manager of the St. Helena Sanitarium, and Mr. E. G. Fulton, of the Vegetarian Café, San Francisco, has been selected for steward.



As Mr. Fulton will be in San Francisco two days of each week, making purchases for the sanitarium, he will be in position, on account of his long experience in this line and intimate acquaintance with business houses, to make advantageous purchases for persons living away from the city. Address, Sanitarium, St. Helena, Cal., or 755 Market Street, San Francisco.

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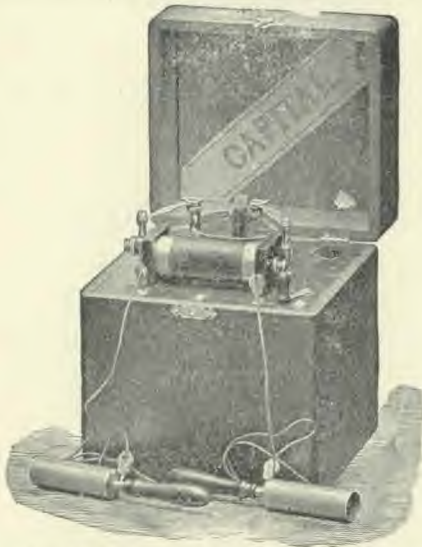
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


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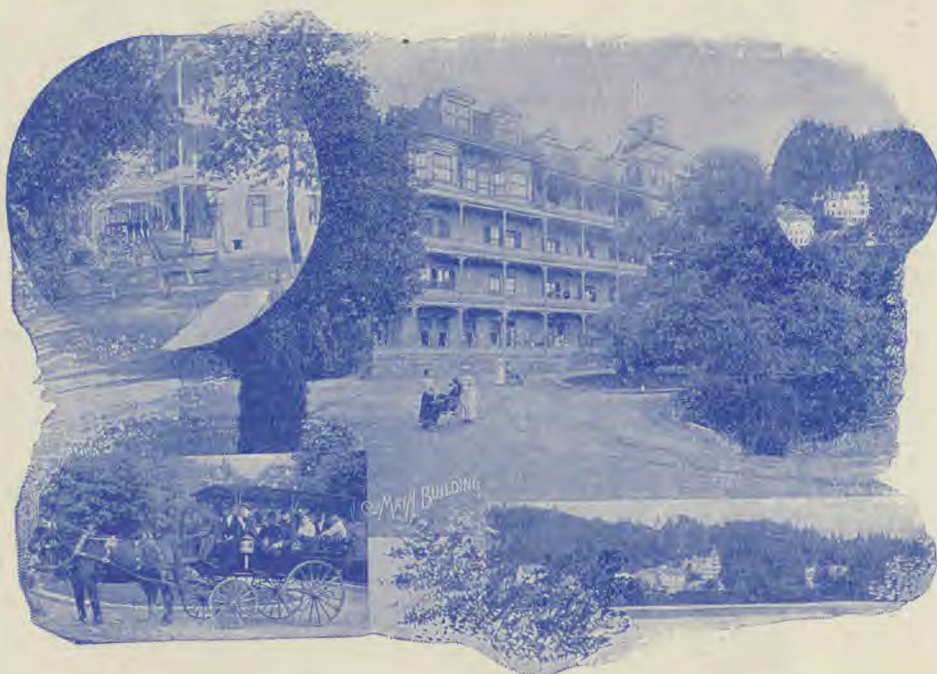


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