

# PACIFIC HEALTH JOURNAL

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Our Example

The Treatment of Colds,  
Bronchitis, Neuralgia,  
and Tonsillitis

Causes of Disease

Physical Culture in the  
Daily Occupation

Circumstances Which  
Affect Digestion

*Fifty Cents per Year*

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

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# The House We Live In

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## THE MAKING OF THE BODY

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Houses and Temples

Substances in the Body

Proper Care of the Bones

Our Telephone System

Our Kitchen

The Eating Room

The Music Room

A Gentle Nurse

A Cruel Murderer



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## Pacific Press Publishing Company

Oakland, California



*"In all things He brought His wishes into strict abeyance to His mission."*

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YOU may have already read the above statement in our first article by MRS. E. G. WHITE, but it is worth considering, as it is a principle that lies at the very foundation of spiritual as well as temporal strength and success. This, however, is only one of the many excellent things to be found in this article, and this article is only one in a series by the same author.

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*Address,*

**Pacific Health Journal**

OAKLAND, CAL.



*In the evening He gave  
attention to such as through  
the day must toil to earn a  
pittance for the support of  
heir families.*



# PACIFIC HEALTH JOURNAL

A SOUND MIND IN A SOUND BODY

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No. 3

## Our Example

By Mrs. E. G. White



**O**UR Lord Jesus Christ came to this world as the unwearied servant of man's necessity.

He "took our infirmities, and bare our sicknesses," that He might minister to every need of humanity. The burden of disease and wretchedness and sin He came to remove. It was His mission to bring to men complete restoration; He came to give

them health and peace and perfection of character.

Varied were the circumstances and needs of those who besought His aid, and none who came to Him went away unhelped. From Him flowed a stream of healing power, and in body and mind and soul men were made whole.

The Saviour's work was not restricted to any time or place. His compassion knew no limit. On so large a scale did He conduct His work of healing and teaching that there was no building in Palestine large enough to receive the multitudes that thronged to Him. On the green hill-slopes of Galilee, in the thoroughfares of travel, by the seashore, in the synagogues, and in every other place where the sick could be brought to Him, was to be found His hospital. In every city, every town, every village through which He passed, He laid His hands upon the afflicted ones and healed them. Wherever there were hearts ready to receive His message, He comforted them with the assurance of their heavenly Father's love. All day He ministered to those who came



to Him; in the evening He gave attention to such as through the day must toil to earn a pittance for the support of their families.

Jesus carried the awful weight of responsibility for the salvation of men. He knew that unless there was a decided change in the principles and purposes of the human race, all would be lost. This was the burden of His soul, and none could appreciate the weight that rested upon Him. Through childhood, youth, and manhood, He walked alone. Yet it was heaven to be in His presence. Day by day He met trials and temptations; day by day He was brought into contact with evil, and witnessed its power upon those whom He was seeking to bless and to save. But He did not relinquish His purpose or cease His work.

In all things He brought His wishes into strict abeyance to His mission. He glorified His life by making everything in it subordinate to the will of His Father. When in His youth His mother, finding Him in the school of the rabbis, said, "Son, why hast Thou thus dealt with us?" He answered,—and His answer is the key-note of His life-work,—“How is it that ye sought Me? wist ye not that I must be about My Father's business?”

His life was one of constant self-sacrifice. He had no home in this world, except as the kindness of friends provided for Him as a wayfarer. He came to live in our behalf the life of the poorest, and to walk and work among the needy and the suffering. Unrecognized and unhonored, He walked in and out among the people for whom He had done so much.

He was always patient and cheerful, and the afflicted hailed Him as a

messenger of life and peace. He saw the needs of men and women, children and youth, and to all He gave the invitation, "Come unto Me."

During His ministry, Jesus devoted more time to healing the sick than to preaching. His miracles testified to the truth of His words, that He came not to destroy, but to save. Wherever He went, the tidings of His mercy preceded Him. Where He had passed, the objects of His compassion were rejoicing in health,



and making trial of their new-found powers. Crowds were collecting around them to hear from their lips the works that the Lord had wrought.



His voice was the first sound that many had ever heard, His name the first word they had ever spoken, His



face the first they had ever looked upon. Why should they not love Jesus, and sound His praise? As He passed through the towns and cities, He was like a vital current, diffusing life and joy.

“The land of Zebulun and the land of Naphtali,  
Toward the sea, beyond the Jordan,  
Galilee of the Gentiles,  
The people that sat in darkness  
Saw a great light,  
And to them that sat in the region  
and shadow of death,  
To them did light spring up.”

Each work of healing, Christ made an occasion for implanting divine principles in the mind and soul. This was the purpose of His work. He imparted earthly blessings, that He might win hearts to receive the gospel of His grace.

Christ might have occupied the highest place among the teachers of the Jewish nation, but He chose rather to take the gospel to the poor. He went from place to place, that those in the highways and byways might hear the words of truth. By the sea, on the mountain-side, in the streets of the city, in the synagogue, His voice was heard, explaining the Scriptures. Often He taught in the outer court of the temple, that the Gentiles might hear His words.

So unlike the explanations of Scripture given by the scribes and Pharisees was Christ's teaching that the attention of the people was arrested. The rabbis dwelt upon tradition, upon human theory and speculation. Often that which man had taught and written about the Scriptures they put in place of the scripture itself. The subject of Christ's teaching was the Word of God. He met questioners with a plain, “It is written,” “What saith the Scripture?” “How readeest thou?” At every opportunity, when an interest was awakened by either friend or foe, He presented the Word. With clearness and power He proclaimed the gospel message. His words shed a flood of light on the teachings of patriarchs and prophets, and the Scriptures came to men as a new revelation. Never before had His hearers perceived such depth of meaning in the Word of God.

Never was there such an evangelist as Christ. He was the Majesty of heaven, but He humbled Himself to take our nature, that He might meet men where they were. To all people, rich and poor, free and bond, Christ, the Messenger of the Covenant, brought the tidings of salvation. His fame as the great Healer spread



throughout Palestine. The sick came to the places through which He would pass, that they might call on Him for

eternity within their view. To all He brought treasures from the storehouse of wisdom. He spoke to them

in language so simple that they could not fail of understanding. By methods peculiarly His own, He helped all who were in sorrow and affliction.

With tender, courteous grace, He ministered to the sin-sick soul, bringing healing and strength.

The Prince of teachers, He sought access to the people by the pathway of their most familiar associations. He presented the truth in such a way that ever after it was to His hearers intertwined with their most hallowed recollections and sympathies. He taught in a way that made them feel the completeness of His identification with their interests and happiness. His instruction was so direct, His illustrations so appropriate, His words so sympathetic and so cheerful, that His hearers were charmed. The simplicity and earnestness with which He addressed those in need, hallowed every word.



help. Hither, too, came many, anxious to hear His words and to receive a touch of His hand. Thus He went from city to city, from town to town, preaching the gospel and healing the sick,—the King of glory in the lowly garb of humanity.

He attended the great yearly festivals of the nation, and to the multitude absorbed in outward ceremony, He spoke of heavenly things, bringing





# The Treatment of Colds, Bronchitis, Neuralgia and Tonsillitis

By H. E. Brighthouse, M. D.

**A** COLD is frequently considered a trivial matter, not worth treating, which will disappear of itself; but it is not wise to neglect a cold as a trivial matter. Catarrh of the nose, throat, or bronchial tubes is an almost constant result; and the liability to infection by more serious pulmonary troubles is greatly increased by conditions remaining from neglected colds.

As colds are very closely connected with the stomach, one of the chief means of treatment should be fasting. More or less rigid fasting will be found very helpful in restoring the system to a normal condition. The fast may be for one meal, for one day, or longer. It may be partial or complete, according to the seriousness of the condition and the robustness of the individual. When we can not undergo a complete fast, a diet of fruit may be taken with advantage. The object is to give the system an opportunity "to clean house." By not taking nutriment into the system too plentifully, the system is forced to utilize the surplus and waste materials which are clogging the human machinery. The regular full diet should not be resumed until the cold is broken. In addition to fasting it is necessary to drink an abundance of water.

One of the simplest, and yet most effectual, treatments for a cold is a hot foot-bath taken on going to bed. By wrapping in a blanket and drinking something hot, as lemonade or hot

water, while the feet are in the water, sweating may be induced. It is essential that the water for the feet be very hot, as hot as can be borne, and it should be kept hot during the bath by frequent additions of hot water. The vessel for the foot-bath should be deep enough to permit the water to come well up the legs. A shallow vessel is not sufficient for good results.

After the perspiration is started, with the feet still in the hot water, the body should be rubbed all over with cold water, or cold water should be poured over the body. If there is any tendency to chilliness, it is well to expose only a portion of the body at a time. Lastly, on taking the feet out of the foot-bath, pour cold water over them. Then going to bed, put on extra covering. In the morning another cold sponge should be taken.

Another simple but effectual treatment is the sponging of the whole body with hot mustard water. A tablespoonful of mustard flour is stirred into a large basin of hot water. With this the body is sponged, part at a time, until the whole body is reddened. The feet should be warm. If necessary have the feet in hot water while taking this sponge.

As a rule the partial or entire abstinence from food, and copious water drinking, with these treatments, will quickly break up a cold. Usually several treatments are required to completely restore the normal condition.



If there is cough, and pain in the throat and chest, hot fomentations should be used in addition. For this there should be a bucket half full of boiling water, which is kept at the boiling point. Two pieces of flannel, thirty or thirty-six inches square (pieces of blanket are best), are required. One piece is kept dry, and is used to lay on the chest next the skin. The other is used for wetting. Gather two ends of this piece of flannel up in the hands, dip the middle into the boiling water, then with the dry ends wring the flannel, covering it up with the ends of the dry flannel, so as to keep in the heat. After two or three minutes, it should again be dipped in the boiling water. If the chest is very sore, and the coughing very severe, it is necessary to continue the hot application from one-half to one hour or more at a time. Great care should be taken, to see that the applications are made hot enough, and kept hot by frequent renewal. The treatment should end by thoroughly rubbing the chest with cold water or a wet towel.

A throat and chest pack is a valuable addition to the treatment, when the chest and throat are involved.

For the purpose two linen towels and a flannel bandage eight to ten inches wide and eight or nine feet long can be used. For convenience in applying, the bandage should be rolled up. The towels are wrung dry from cold water. One towel is applied over the right shoulder and brought across the chest front and back to the opposite side. The other towel is applied over the left shoulder in the same manner. By means of the two towels the whole chest is covered, front and back and under the arms, and if the throat is sore, is brought well up on

the throat. The flannel bandage is then applied as follows: Begin by placing the loose end under one arm, and while it holds the end in place, the bandage is carried across the front of the chest up over the opposite shoulder, down across the back of the chest under the arm, across the front of the chest under the opposite arm, and across the back up over the other shoulder to the front. In this way the wet towels are completely covered. The pack should now be securely fastened with safety-pins.

When rightly applied, reaction quickly takes place, and the pack becomes warm. If chilliness results, an opposite effect to the one desired results, and the cold will be worse instead of better.

Chilling and unfavorable effects are due to several causes. The towels may be too wet. They should be wrung dry. The water used may not be cold enough to secure reaction. Warm water will not induce reaction. The water should be between 55° and 65°. Sometimes it is necessary to have two or more thicknesses of flannel covering. The covering may be too light to keep in the heat. The pack may be too loosely applied. The compresses should always be applied snugly, so that air does not get underneath at every move. Or the patient may not be in good condition to react. The patient should be warm, and for this reason the pack is best applied just after some preliminary heating procedure.

The sciatic nerve is frequently the seat of pain. The nerves of the head are also subject to neuralgic conditions. Other nerves of the body may be affected. When resulting from a cold, the same treatment is applicable



as for a cold. In addition there should be treatment to the painful part. Hot fomentations should be applied for ten or fifteen minutes and followed by a short application of cold. For instance, if it is the sciatic nerve that is affected, the fomentation is given to the back of the leg along the course of the nerve for ten to fifteen minutes. At the end of that time a towel wrung from very cold water is spread quickly over the part, and rubbed briskly for about one-fourth of a minute. The towel is removed, and the part rubbed dry, and a little oil rubbed on. This treatment may be repeated as frequently as needed to keep the pain down, as often as every hour if necessary. If in addition to this a hot bath or some other procedure for heating the body is taken, followed by a good rubbing with water, the neuralgic condition will soon disappear.

Tonsillitis is an infectious disease, and has the symptoms of a severe cold,

with local throat symptoms. The tonsils swell, swallowing is difficult and painful, there is fever, and the head, back, and limbs ache. The same general treatment as for a cold should be followed, including the diet and water drinking. In addition frequent fomentations to the throat should be given, say every three or four or five hours. Between the fomentations, the throat should be kept packed in ice, or ice-bags kept constantly to the throat. The patient will appear very ill with tonsillitis, but the disease usually yields very readily to proper treatment. It is well to gargle the throat with some cleansing mixture. The following gargle is both pleasant and effectual:—

Oil of cinnamon,	10 drops;
Carbolic acid,	8 drops;
Pulverized alum,	10 grains;
Glycerine,	2 ounces;
Water,	2 ounces.

*1436 Market St., San Francisco.*



## Causes of Disease

By A. Winegar-Simpson, M. D.

**M**UCH darkness and ignorance has prevailed in past ages as to the causes of disease, and even now symptoms instead of conditions are often treated under the mistaken belief that the symptoms constitute the disease. But many important facts have been brought to light during the past century as the result of careful investigation in the laboratory and at the bedside. By the aid of the microscope and other instruments of precision, and by various chemical methods, men have been en-

abled, as it were, to look into the "hidden recesses" of the body and to study the minute organisms which play an important part in the causation of disease. What was formerly looked upon as a "strange dispensation of providence," is now known to be due oftentimes to a violation of the laws of nature, either wilfully or through ignorance. We now know that no disease comes without a cause, though in the case of some diseases we have not yet been able definitely to locate the cause.



The body is a self-regulating machine, each part performing its functions without interfering with the functions of other parts, while it depends to some extent upon the proper working of all the others. The many things we do in every-day life to overtax and wear the living machinery causes disturbances of the delicate relation existing between the various organs, and this constitutes disease.

Heredity undoubtedly plays an important part in the causation of disease, though our ancestors are held responsible for many diseased conditions which might more properly be laid at our own door. Each generation hands down to its successors weakened constitutions, more susceptible to disease, and less able to endure work or hardship than the preceding generation. But this should not cause one to become discouraged in his effort to develop a strong, healthy body, and to live above disease, for by careful living and adherence to all the laws of health, these hereditary tendencies may be largely overcome.

Our environment has much to do with causing or preventing disease. In this might be included nearly everything which pertains to our habits, for environment has much to do with the formation of habit. During the first few years of life we have little to do with the care of the body, and if one is so unfortunate as to have parents or guardians who give no heed to this important matter, he is handicapped in later life, for habits formed in childhood are usually permanent.

Disease may arise as a result of wrong habits in eating, drinking, dressing, sleeping, exercise, or indeed anything which influences any of the functions of the body. The purpose

of food being to nourish the body and repair the wastes, such foods only should be eaten as will accomplish this result. The violation of this rule is a most common cause of disease. Much that is taken as food has a real food value, but taxes the digestive organs unnecessarily to dispose of it, or in some other way proves injurious. Meats, for instance, are often diseased, and thus poisonous to the system; but even when not actually diseased, they contain uric acid and allied substances which have a more or less harmful effect on the body. Among useless articles which are taken are tea, coffee, pickles, spices, mustard, vinegar, which have no food value whatever and act only as irritants to the intestinal lining; and cheese, and rich pastries, whose food value is more than counterbalanced by the injury they inflict on the digestive system.

Excessive eating of even wholesome foods overtaxes the organs to such a degree as to cause serious disturbance of the health. The common custom of eating at irregular hours, or between meals is also a potent cause of digestive disorder.

One of the most common dietary errors, especially in America, is the custom of rapid eating. Food that is not completely reduced to a pulp and well mixed with the saliva proves an irritant to the stomach walls, and has a great tendency to fermentation.

A frequent cause of various diseased conditions is the use of narcotics and stimulants, such as alcohol, morphine, tobacco, and a great variety of drugs now in common use. These either stimulate to abnormal action and wear out, or else paralyze the nerves, so that the body is unable to perform its functions properly.



Few people drink as much water as the system requires, and many disturb their digestion by drinking with meals. Comparatively few take sufficient exercise to develop the body in a harmonious manner and keep it in healthy action. The muscles often become flabby from lack of use, and are then unable to do their work. Especially is this true of the muscles of the abdomen, which should serve as a support for the important organs of the body.

Irregular and insufficient sleep taxes the body and exhausts the nerves. The prevalent methods of dress, cramping, as they do, the vital organs, cause displacement, weakness, and various nervous disturbances. Society life has much to do with the nervous conditions now so common. The rush and anxiety of business, and the many perplexing financial problems of today, have their part in lessening and destroying the vitality of the body.

*317 West Third St., Los Angeles, Cal.*



## Medical Missionary Progress

THE Sacramento Treatment Parlors occupy seven rooms on the second floor of the Ochsner Building, centrally located in the business section, and in one of the best structures in the city. For this reason the patronage of the treatment rooms consists principally of business and professional men, including doctors, lawyers, and bankers, with whom the workers have had many interesting experiences.

Recently we received a call for medical attention from one of the most prominent personages of Sacramento, a Dr. —, who had for more than three months been unable to meet his appointments at the treatment parlors (all because of his "American" style of business). This friend, whose time is so absorbed by his great volume of business, when once with us, found three hours and a half scarcely adequate to express his interest in this line of work, and the world's need of a better education in regard to right living.

And so there are many who recog-

nize the better way; and what a soul-satisfying occupation it is to co-operate with the Life-giver in restoring men and women to His image!



SEVERAL interesting items have been sent to us from the San Francisco Treatment Rooms, but we will give only one. A tubercular patient was suffering much with high fever, exhausting sweats and intense weariness. Late in November she was moved out of her house to a tent in the yard. She has been very comfortable since then. The fever, cough and weariness are much less marked, her appetite and sleep are better. Before she went into the tent, she was losing rapidly, and now she is at least holding her own. By this time the neighbors have become accustomed to her being in the tent, but when the tent was being prepared, they were horrified that a sick woman should be ordered out into a tent, at the beginning of winter.



These treatment rooms, located at 1436 Market Street, have been in operation for about six years. Though it was intended at the first to confine the work to out patients, a few rooms have recently been fitted up for patients who need careful attention, but who, for some reason, are not able to leave the city. Every room is at present occupied.



THE San Francisco Dispensary reports that for several weeks preceding the holidays the work on the inside was light, but that there was an abundance of work on the outside. Calls of every description came to the Dispensary. People in want of clothing or food, others in need of homes or work, sometimes made it seem as though the Dispensary was an intelligence office. The Dispensary workers are glad of the opportunity to help the people in any way possible.

One interesting case reported is that of a man who had been thrown out of employment because, from principle, he had refused to join the labor union. His family had been subjected to all kinds of abuse from his neighbors, even the children being abused on the street because their father did not belong to the union. He had gotten odd jobs until he was sick. At the time the nurse called, he was very much discouraged. They were out of everything, and had no money, and were threatened with being put out of their house. As a result of treatment this man was up next day, and was soon fortunate enough to find something to do.



DR. J. J. MYERS, who has held forth at Rialto for the past several

years, has taken over the treatment rooms formerly conducted by Will and Sadie Morton, at Redlands. Dr. Myers will add to his appliances as the demands increase, and hopes in time to make it an important center for diffusing and disseminating right principles of living.



FOR the past month, Dr. J. R. Leadsworth has been giving Sunday night health talks in Riverside, taking up such subjects as will help the people in their homes. The interest has grown from week to week, until it is a case of come early to get a seat. The majority of thinking people are beginning to learn that disease is not a monster to be driven out by some nauseous mixture, but is an abnormal action of the temple of our bodies, and needs only agents which will bring about natural conditions.



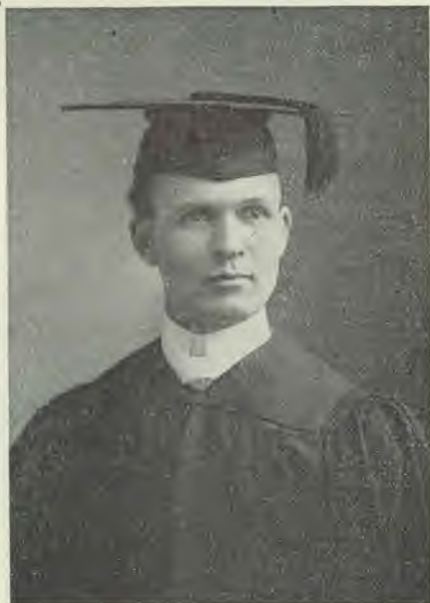
THE writer has been connected with the St. Helena Sanitarium in various capacities for a number of years, and in all that time he does not recall a time when we have had, as a whole, a more satisfied and appreciative class of patients than we have at the present time. They come to stay and get well; they enter heartily into all that is being done for them, and they thus do much to lighten the burdens of both physicians and nurses.

What seems to impress the patients most, as in most of our sanitariums, is the spirit of harmony and self-sacrifice manifested in the family.

The morning and evening parlor services are attended by a goodly number of patients, who show marked interest in the topics presented.



## Vigorous Vegetarianism



DR. W. C. DALBEY (Dentist), 624 Church St., Nashville, Tenn. Age 36, height 5 ft. 7 $\frac{3}{4}$  in., weight 135 pounds. Practically a life vegetarian. Has tasted no flesh meat in any form for 15 years. Has not eaten butter for 31 years. Does not use milk, tea, or coffee, nor drinks of any kind at meal time. Takes only two meals a day. Does not use tobacco or alcohol in any form. Has never tasted pork. Has not been sick since a baby, and is in strong and vigorous health. Can climb hills on a bicycle that heavier (and seemingly stronger) meat eaters can not. Diet, largely sanitarium health foods, with fruits and vegetables. Passed through severe mental strain upon a diet of this kind both in Battle Creek College and Northwestern University of Chicago.



### The Nurse's Version of It

By Lethe Hazelnut

I HEARD a story, strange but true,  
If you will listen, you may hear it too,  
And learn therefrom a lesson new,  
As I repeat the same to you.

There was a man who searched alone,  
Exploring a country then unknown,  
In quest of a fountain he could call his own:  
'Twas aged Ponce de Leon.

He wanted the spring of life to gain,  
The waters of which would banish pain  
And everlasting youth maintain;  
But he spent his life of search in vain.

Had he lived in this enlightened day,  
He might to the San. have made his way,  
And there prolonged on earth his stay,  
But he'd have had some bills to pay.

For shampoo in the electric tub,  
For light-bath, spray and dry hand rub,  
For Turkish bath, and cold salt scrub,  
For physical culture with wand and club.

## Physical Culture in the Daily Occupations. Positions While Working

By Augusta C. Bainbridge



AS we are studying the foundation principles of physical culture, we will look at the first pair to find our positions. We read in the Word, "God hath made man upright." While the word "upright" is used in the Scripture with reference to character, yet it is also true that this is only a secondary meaning, derived from the original, which is defined in Webster's Unabridged and Century dictionaries as "straight up and down."

We know it is true that God did make man physically upright in the primary sense of the word; for we read in Gen. 1:27 that he was made in the image of God. He also made him morally upright; but in this article we are taking a view of man's physical being; hence we will look at these Scriptures as stating the truth that God, in the beginning, made man physically upright. Let us study this

truth to the glorifying of God in our bodies, as well as our spirits, which are His.

In harmony with this, we view the same Word made visible in man's creation; for we find that He gave them (man and woman) just the necessary muscles to keep them upright. He fastened them to the right bones, in just the proper way to accomplish this result. All the internal organs are so arranged that an upright position of the body keeps them in their places, ready to work for man's physical salvation. The Creator so arranged nerves and centers that might be given

nerve warning when this upright position







was not being maintained. So we see that the same power that created men and women, upholds them, and will continue its work until interrupted by the creature.

Going up and down stairs is often a part of our daily work. It is a very healthful exercise. Lungs, heart, liver, bowels, as well as leg muscles, are greatly benefited by it. It will be found on examination that the injury is due to a wrong position in walking, by which muscles not calculated to do the work, bear the burden. An upright position of the trunk, with the head up, lays the task of lifting the body, one step at a time, upon the legs. They are well able to do this, and if the breath is drawn slowly through the nostrils, there will be no panting when the top step is reached. Plant each foot, in its turn, squarely on the step, and the advanced leg will lift the weight of the body as easily as the hand will lift an apple. Neither men nor women need be injured by this exercise when properly performed.

Many whose work requires them to

stand a greater part of the time, fall into careless habits of slouching, leaning, or stooping. Women over the dish-pan or table, men over the counter or desk, are tempted to think they can not help it. Let them but straighten up, and they will find that they can stay straight. Repeated acts become habits, and habits form character. Then why not repeat again and again the act of standing straight until it becomes a habit? This habit keeps the muscles that hold the body upright, at their best continually, and thus an upright physical character is formed. If you have not the will and determination to go at it and stick to it, you may need a teacher to prompt and correct you.

Others, whose work requires them to sit during a large part of their time, may easily ruin their health by sitting in bad positions; but they might, with little trouble, form the habit of sitting correctly, and thus regain and keep their health. A stooping posture, a forward drooping of the shoulders, or sitting so that the weight of the body rests on the spine, will surely cause trouble. A straight, low chair for sewing is to be preferred





to a rocker, as the latter encourages improper postures. The bones and muscles which were created to hold the weight of the body when sitting in an upright position, are well able to sustain it without injury to themselves or to the delicate organs in its interior. No others are. To put these burdens on other parts is to give them a task they can never accomplish, and to inflict painful diseases on vital organs. These workers should make it a point to rise, stand erect, breathe deeply, and walk a few steps as often as possible. A dressmaker of my acquaintance keeps her sewing-machine in an adjoining room, that she may have the exercise of walking to it from her cutting and sewing table. By this means she saves time and prevents disease; for she retains her health in spite of her unhealthful employment. She takes her physical culture in her work.

Sweeping is another employment often condemned; but much, yes, all of the harm resulting from it may be entirely avoided by using the proper muscles. Sisters, *sweep with your arms*. Using the arm muscles and not those of the back, will make sweeping a pastime. Broom-makers, unfortunately, have failed to discover that women differ in height, and consequent length of limbs, so they hand out brooms all of one pattern. The tall woman and the short woman both suffer by their ignorance. But we are looking for a better day.

To every worker, no matter what his or her occupation, there come changes of position. They may be slight, perhaps only reaching for a spool or passing a book, but by making the most of these one may get quite a variety in a day. Let every part of the body move at the time of the change, and by breathing in harmony with the motion, the whole body will be helped.

Another part of the true physical culture is rest. There come waiting times, often very short, but long enough to relax and breathe. Take them as resting-places, not as seasons for impatience.

"There's many a rest in the road of life,  
If we'd only stop to take it."

Well, take it then, and let the strained, wearied body and mind find the refreshment these little jogs in the machinery were meant to give. Our Father is watching over us all for good, and let us note these resting-places, and thankfully, trustingly enjoy them. It may be waiting for some one to copy an address, or to sharpen a pencil, or bring a missing article, or even waiting for a car. The car that we almost caught, but missed, was not for us. We needed a rest, time to collect our scattered thoughts, and so the dear Father called us to His side for a few short moments, while He brings our car speeding down the track to us. Resting is one of God's beautiful ways of recreating our





wasting bodies. Even the heart rests between beats, and that brings, in its turn, its quota of rest to the entire circulation. So these little resting-places come; they surely come to us in our work. Let us watch for them, and use them as the dear Sender designed, and so be blessed.

✠

### Confidence between Parents and Children

LOVE and confidence are almost synonymous words. It is difficult indeed to repose full confidence in those we do not love, and love without confidence is almost absurd.

If we should ask a child if it loved its mother, invariably it would answer yes. If we should ask a mother if she loved her child, it would seem almost like an insult to her, for, is it not an axiom that all mothers love their children?

Yet, as we look around us on every side, and see parents with children growing up to manhood and womanhood apparently strangers as to the real true feelings and emotions of the heart, we wonder whether there is really true love there or not. Is it not rather a kind of selfish interest in each other because they belong to us?

O mothers, are you satisfied to be mothers only in name? Can you afford to allow your daughter to grow away from you, choosing rather to tell some girl friend just how she feels than to unfold it all to you, thus offering you the grand opportunity of giving the counsel your age and experience afford?

O, how many young girls would have been saved from the delusive by-paths of sin could their mothers but

have taught them from infancy up to tell it all to her! Instead of reproofing, she should lovingly counsel, show her the better way; she will soon learn to love it. Talk with your children of all that interests them. Enter heart and soul into their feelings, become an indispensable part of their lives, until they are well over the critical years in which they need a counselor so much; and then, O, then, they will turn to you for comfort, counsel, and consolation through all the succeeding years.

✠

### How Busy Women Find Time for Missionary Work

By Mrs. Hattie Florence Morser

IT has been demonstrated that "Where there's a will there's a way." This has been found true in regard to the busy housewife and missionary work. With careful arranging of the household schedule some odd minutes may be found free from diversion. We all know the old saying: "Man works from sun till sun, but woman's work is *never* done." Since so many men now have the eight-hour system of work, woman comes to realize the meaning of this statement more than ever before, for now it would seem *she* must accomplish more work in less time. How is she to do it? Breakfast an hour later does not look very encouraging, as this means very little help from the younger members of the family before school-time.

Let us here repeat for future convenience the old but true sayings, "No great loss without some small gain," and, "Well begun is half done." So let the busy woman arise in the morning the same as before, but, instead of going about some household



care, devote the time thus gained to her own special benefit. Begin with either a cold sponge bath, followed by ten minutes of physical culture, or vice versa. For myself, I prefer the bath first. Methinks I see some one shrugging her shoulders, exclaiming, "Deliver me from a cold-water bath these mornings, I would prefer a fire." Now let me tell you I have known people who dreaded to wash their face and hands in cold water, but, after the habit was formed, much preferred it to warm water. So it is with the cold sponge in the morning; after persisting with it, the exhilaration will be so refreshing you will feel lost without it. Again I hear some busy mother rather discouragingly say, "Humph! physical culture; just as though I didn't get enough physical exercise with all the work I have to do!" No, dear one, that is not altogether the right kind—the exercise of which you speak. When gone through with in the same manner day after day, some parts of the body and certain muscles become worn out before they ought to, with constant usage, while others lie dormant, as it were, and become stiff and hardened for want of exercise. With a few lessons of physical culture, one may learn how to bring into use every part of the body, and they become greatly benefited.

After the bath and exercise, which should not have consumed more than twenty minutes, you will proceed to the remainder of the hour. When the toilet is properly made, you have finished with the physical needs for the time being. Then, according to the divine counsel, enter into thy closet, and when thou hast shut to the door, pray to the Father in secret, and He shall reward thee openly. Ask for

divine wisdom to guide you through the day. Lay your list of those for whom you would pray, before the Lord. Ask especially how to better understand the different dispositions in your family, and pray for guidance in the forming of character in your loved ones of the home circle.

A beautiful story, so it seems to me, is told of James A. Garfield, when he was teaching school one winter term. Every night after he had gone to bed, he would draw out on the counterpane in imagination the schoolroom and each scholar at his desk. Then, for instance, he would say: "There's John, how can I better explain to him the difference between a participial phrase and an adverbial phrase? and Marion, how can I make the rules in division of fractions more plain to her?" And so on, until every scholar's deficiency had been brought to mind, and wisdom been obtained for his advancement. If President Garfield felt such an interest in a common district school, how about the command to parents which says, "Train up a child in the way he should go, and when he is old, he will not depart from it"? Have you a boy who has a tendency to want to learn to smoke? Make him a special subject of prayer and meditation. Let no opportunity slip for making more plain to him, if possible, its terrible evils. If you have another who does not like to work, pray God to teach you how to help him to overcome the fault and learn to love to work. If another who does not naturally love companions who will be helpful to him, study on this problem. O, the grand field for missionary work right in our home!

After having laid your burdens



down at the feet of Him who has said: "Come unto Me, all ye that labor and are heavy laden and I will give you rest," leave all your cares and perplexities at the foot of the cross. Open your Bible and partake freely of its spiritual food. Select some precious promise, and commit to memory. Copy it on a large sheet of paper or blackboard for the purpose, and put it up on the wall over the kitchen table or in some conspicuous place where it may be easily read, not only by yourself and other members of the family, but, you will feel doubly paid for your trouble when you see the grocery man stop to read it, or some stranger who happens within your door, a tramp, perhaps, who has stopped and asked for a morsel of food, and you, remembering how it is written, "Be not forgetful to entertain strangers, for thereby some have entertained angels unawares," have invited him in, shown him a place to wash and refresh himself, then, having given him a seat at the table you serve him with something to eat. Don't you think, after such unlooked-for hospitality, he would be curious to know what you had written on the wall? Thus, right here at home, you are sowing beside all waters.

Now we come to the last, but not the least, of the benefit hour. We come to the preparation of a daily program. Here, in the quiet of the early morning, ponder well on what you would consider a fair day's work. Write out in black and white, as nearly as possible, a time for each duty, and the name of the helpers, if there are different members in the family. Let them feel they are to be depended upon. Place this program on the wall where all may see what part they are expected

to take. Do you owe a call? Are there letters unanswered? Do you know of some one who would appreciate a pretty bouquet of cut flowers, or a slip from some desired plant? If so, make a place on your program for these little deeds of kindness, or at least one a day, if no more, for—

"It's not the thing you do, dear,  
But the thing you leave undone  
Which gives you a bitter heartache  
At the setting of the sun.

"The tender word unspoken,  
The letter you did not write,  
The flower you might have sent, dear,  
Are your haunting ghosts at night."

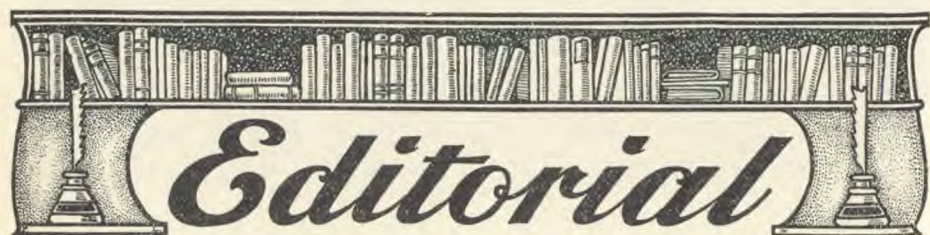
We must work on schedule time in the home if we would have the best results and find time for missionary work. I speak from experience when I say I believe more and better work is accomplished in the home when we take an interest in the world that surrounds us, and have some particular day or hour when we expect to go out in the sunshine to gather its wealth. "There's joy in the sunshine, and beauty and health." Go into the byways and hedges. Lend a helping hand one hour a week in a missionary sewing-school or a mothers' meeting, or something of the kind, to try to make the world happier and better because we live in it. In order to do this satisfactorily we must lay our plans daily, and not let a moment run to waste.

"Our lives are songs;  
God writes the words,  
And we set them to music at leisure;  
And the song is sad, or the song is glad,  
As we choose to fasten the measure.

"We must write the song,  
Whatever the words,  
Whatever its rhyme or meter,  
And if it is sad we must make it glad,  
And if sweet we must make it sweeter."

—Ella Wheeler Wilcox.





## Circumstances which Affect Digestion

### PREPARATION OF THE FOOD.

ONE of America's multimillionaires wants a cook. So anxious is he to secure a good one that he offers a million dollars to the person who can fill the bill. He is probably still wanting. There are thousands of people who are willing to accept the million-dollar billet, but it will be a long time before the right man appears. What this man of wealth would like is a man who can please his palate without causing his stomach to go on a strike, and that he will never get, for his palate and his stomach are lifelong enemies. Happy is the man who can please his stomach and his palate at the same time. His cook will be one who knows how to cook simply. But the man who attempts to cook for our wealthy friend will be attempting a feat similar to that of the circus rider who tries to keep his footing on two horses going in opposite directions.

Cooks are scarce. Good cooks are nearly as "scarce as hens' teeth," and you know the domestic fowl is toothless. Cooking, though often regarded as a menial occupation, is really a fine art, requiring natural aptitude, careful instruction, and long practise in order to become a master. A lecturer on materia medica once said to his

class, "It is my place to teach you how to do as little harm as possible with drugs, and let nature do the curing." One of the first things a cook should learn is how not to spoil foods; for much of what is commonly known as cooking renders the food less fit for the human stomach than before. A poor carpenter hides his faulty joints by means of mouldings and paint. A good carpenter's work shows well, no matter how plain it may be. The poor cook must hide faulty cooking by means of condiments, and spices, which at the same time cover up the original natural flavor of the food.

Poor cooking is responsible for a large share of the prevalent dyspepsia. In the first place, the attempt to make up for lack of skill by means of high seasoning is more or less disastrous to digestion. True, if the food can not be made appetizing without seasoning, it is better to have the seasoning, for food which can not be relished is not apt to have a favorable effect on digestion.

Two or three circumstances sometimes combine to make the use of seasoning a necessary evil. Real hunger—the best sauce—through over-eating, too frequent eating, insufficient air and exercise, is frequently lacking. And if, in addition, the cook is unable to develop the natural flavors of the



foods, the use of condiments is the lesser evil, for they at least stimulate the appetite and the digestive functions for the time being, and so put off the evil day. To such an extent are these conditions prevalent, that it is hard to find a book on dietetics which does not class condiments as necessary and useful adjuncts to our bill of fare.

When we eat and work so as to maintain or regain a normal appetite, and have our foods cooked so as to develop the natural flavors, we have no need of condiments. Then we will be getting down to nature's methods. And, by the way, it is not necessary that a large amount of cooking be done in order to furnish a family with an ample, appetizing, healthful repast. By simplifying, by learning how to leave out many unnecessary and injurious processes, the housewife or cook may have much more time to devote to other matters. Many foods can with advantage be served in the uncooked condition. The green fruits, and such dried fruits as dates, raisins, figs, may be so served, also the nuts, and certain of the vegetables. The housekeeper's skill will be manifested in the taste with which the dining room is arranged. A jolly friend helps me to digest my dinner. So does a well-set table. It is not merely a matter of sentiment. Digestion actually proceeds more rapidly where all the surroundings are agreeable.

No doubt there are those who could eat a meal on a morgue slab and enjoy it. With splendid physique, muscles loudly calling for nourishment, and not over-sensitive mind, the main thing is to get the food into the stomach; and surroundings count for little.

But woe unto the people who have a cook of this makeup! For such a cook, study and practise as he may, will never learn to sympathize with the esthetic tastes of those for whom he is attempting to cook. He can not help offending their sense of propriety. Those naturally make the best cooks who are exceedingly particular as to their own food and surroundings.

Nowadays a young man contemplating marriage, looks for beauty, musical skill, general culture, any or all of these; but how about the domestic culture? "O, the hired girl will look after that." Yes, but with what disastrous results!

This is the place to quote the conversation between the young doctor and the old doctor.

*Y. D.*—"I believe that bad cooks send us fully one-half of our patients."

*O. D.*—"Yes, and good cooks send us the other half."

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"PHYSICAL CULTURE" comes out with an article entitled "Scientific Medicine all Guesswork." "A healthy man visits ten physicians. To each he gives identical symptoms, but each physician diagnoses his disease differently." Alexander Marshall, the writer of the article, in order to test the soundness of medical skill, concluded that he would state to each physician that he had had a headache for about three weeks, that he was otherwise healthy so far as he knew, and that he wanted his disease diagnosed and treated. He called on ten New York physicians. One said the trouble was caused by stomach or eyes; another that it was caused by malaria in its worst form; another that it was caused by the optic nerve or by tobacco heart,



that there was nothing the matter with the stomach; another that the trouble was caused by neuralgia; another that it was caused by disordered liver, possibly a floating kidney. Another did not want to tell patient the cause of his trouble for fear that it would scare him. Another said the trouble was caused by drinking too much coffee. The prescriptions given were fully as varied as the diagnoses.

I would think no further of this article except to reason that the man who could tell a deliberate lie to ten physicians, could also color up his story to make it suit the occasion, were it not for the fact that many patients who have come under my observation have recounted just such experiences with the various physicians with whom they have been taking treatment. Often have I wondered if any sane physician could have made some of the diagnoses quoted by the patient, and then I would think possibly it was the diseased imagination of the patient, or perhaps he had misunderstood or forgotten.

But, honestly, brother physicians who may read this article, is there not altogether too much guesswork in the medical ranks,—too much of a disposition to pretend we know what the matter is when we do not? When a man goes to a dozen different physicians and gets as many varied opinions as to the nature of his disease, and as many entirely different prescriptions, how many of that dozen physicians *know* whereof they speak? And yet each one states his opinion with as much assurance as if it were susceptible of mathematical demonstration. The general rule is, Never confess your ignorance to the patient.

There are exceptions, of course. I think, perhaps, the man who assumes to know the most will, as a rule, have the most success, for the confidence of the patient is one of the most potent elements in effecting a cure. But wherein does this differ from what we are pleased to call quackery?



Dr. C. C. BASS, of Columbia, Miss., has reported in the New York and Philadelphia *Medical Journal* the successful treatment of typhoid fever in seventy-nine cases without a death. In most of the cases no medicine but castor-oil was given. He prefers the castor-oil because it passes out of the system unchanged, instead of being absorbed, as are the saline cathartics commonly used. All the patients were given an abundance of drinking water. The diet was strictly liquid, generally milk, and sometimes predigested food. There were only four relapses, which he attributes to the fact that he continued the castor-oil long after the fever subsided and the patient was safe from the likelihood of a relapse. "There occurred practically no complications. The fact that the poisons were eliminated nearly as fast as generated, and that the patients were not doctored to death with useless and harmful drugs [What an admission regarding the usual treatment of typhoid!—ED.], is probably the reason there were no more complications, and that the cases ran a mild course. In almost every case the temperature was below one hundred and two degrees within two or three days after the treatment was begun. In some cases the fever fell faster and went lower than it did in others. I have seen it fall from the



effects of one dose of oil three degrees in five hours, and again I have seen a single dose fail to reduce it at all; but I have always found that the temperature would promptly rise if the oil was withdrawn."

Dr. Bass advises to begin promptly with a dose of castor-oil every twelve hours, regardless of the state of the disease. The dose should be from one to eight drams, sufficient to cause two actions, and will vary with the patient, the stage of the disease, and the condition of the bowels.

This is certainly a good showing, and is rational treatment, as it results in the removal from the intestinal tract of an immense amount of fermenting, bacteria-laden, poison-producing matter, which no doubt does much to increase the seriousness of typhoid fever.



"My experience has led me to take a decided stand against the use of alcohol and narcotics of all kinds."  
—*Dr. Nansen, the Arctic explorer.*



THE Scripture, "As a man thinketh in his heart, so is he," would be as true if reversed to read, "As a man is, so he thinketh."



As a colored glass tints all objects seen through it, so impurities in the blood, bathing the brain-cells, taint the thoughts.



HE makes a wise choice who prefers a clear brain to a well-filled stomach.

"BACTERIA, YEASTS AND MOLDS IN THE HOME." By H. W. Conn, Professor of Biology in Wesleyan University. 12mo, cloth, 293 pages, illustrated. Price, \$1.00. Ginn & Co., Boston.

This little work gives in language adapted to the unprofessional reader, a summary of the most important facts concerning the relation of micro-organisms to all matters connected with the household. The relation of these organisms to decay, to fermentation, including the raising of bread, and to the spread of infectious diseases, explained in an interesting and helpful manner. No housekeeper can give it a careful reading without thereby becoming a better housekeeper.



"WHAT SHALL WE EAT?" By Alfred Andrews. Cloth; 120 pages. Price, 50 cents. Health Culture Co., New York.

This is a well-written little work, containing useful tables of food values, and some good sound advice on the subject of diet. The foods for various conditions are indicated,—the growing child, the laboring man, the sedentary worker and the aged. Matter is condensed here in small space, which others might have padded out to make a large volume.



"A NON-SURGICAL TREATISE ON DISEASES OF THE PROSTATE GLAND AND ADNEXA." By George Whitfield Overall, A. B., M.D., 207 pages. Cloth. Marsh & Grant Co., Chicago.

This work is written especially for physicians, by one who has been doing some pioneer work in a comparatively unexplored field.

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Oakland, California, March, 1904.

No. 3.

## Things Once Said

THE mind is the essential part of man.

There is not a function of life, when rightly used, but gives a sense of joy.

One seed-thought studied will do more good than pages hurriedly read.

The most unfortunate part of a disease is the consciousness that the disease brings of its existence.

To indulge any unnatural appetite is to create a necessity,—to force a chain which will later bind us hand and foot.

It is as true with mental as with physical food that it is not the amount we take, but the amount we assimilate, that builds us up.

To adjust one's self rightly to all the influences working within, and to maintain a perfect relation to all external conditions, is the problem of life.

We can no more by taking thought add units of health than we can add cubits of stature. Whatever tends to self-consciousness tends to destruction and disease.

The most perfect physical frame is practically worthless, if tenanted by an unsound mind. A good mind with poor health is far better than a poor mind with the best of health.

He who refuses to heed the hint thrown out by nature in the diminution of appetite will sooner or later receive a more peremptory order to cut off the fuel supply.

Not to the simple laws of nature, but to some mysterious power, the sick are constantly looking for relief of their ills. So the patent medicine men and other impostors are reaping a rich harvest.

Often the most unhygienic practise ignorantly and unconsciously lived will yield better results in life and health than will the most rigid adherence to the laws of life consciously and watchfully followed.

The problem of being well is mostly a matter of self-adjustment, of being honest with one's self, although we rarely think this, and are strongly inclined to lay the charge of our own ill health to climate or other unavoidable influence.



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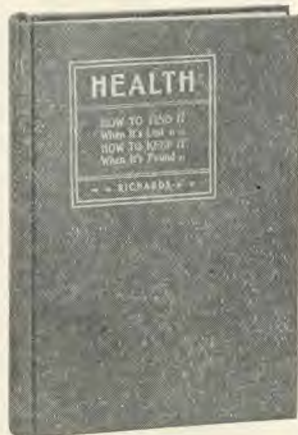
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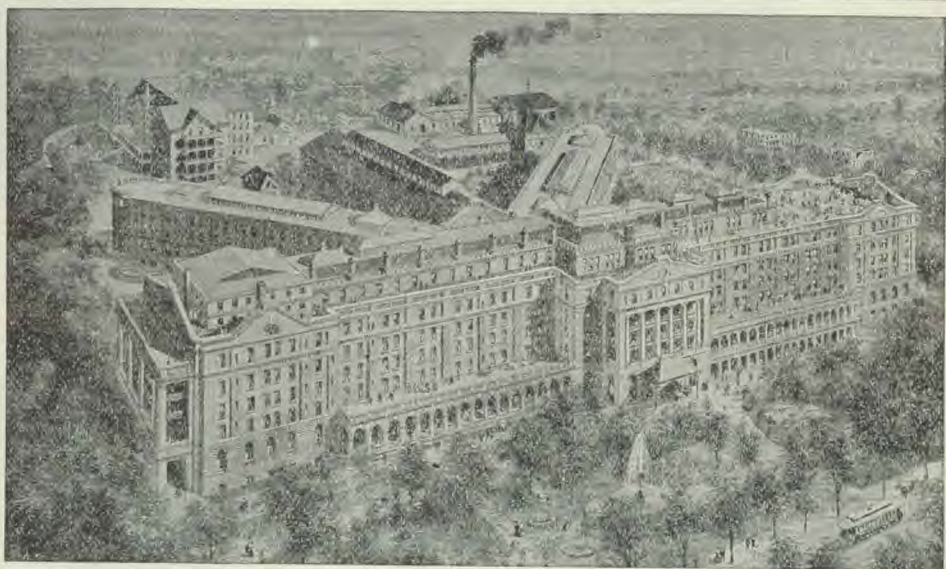


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Oakland, Cal.



# THE Vegetarian Cook-Book



THE new vegetarian cook-book by Mr. E. G. Fulton, Manager of the well-known Vegetarian Cafe of San Francisco, is nearly ready for the market. The publishers desire to enter into arrangements with reliable and aggressive agents, or restaurants, for its circulation. Exclusive territory will be given right persons.

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## Only 39 Left



SINCE the advertisement of "Healthful Living," which appeared in our last issue, a large number of orders have been received, and we now have only thirty-nine copies on hand. A few of these are slightly damaged and will be sold for 45c a copy. Most of them, however, are in perfect condition and will be sent post-paid at 50c each.

PACIFIC PRESS PUBLISHING CO.

OAKLAND, CAL.



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## Pacific Press Publishing Co.

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### Directory of Vegetarian Restaurants

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S. 170 Howard St. Spokane, Wash.

#### VEGETARIAN CAFE

755 Market Street San Francisco, California

#### THE VEGETARIAN

44-46 San Pablo Avenue Oakland, California

#### VEGETARIAN RESTAURANT

315 W. Third Street Los Angeles, California

#### GOOD HEALTH RESTAURANT

616 Third Avenue Seattle, Washington

#### DEPOSITORY

516 S. Hill Street Los Angeles, California

#### STORES

1482 Market Street San Francisco, California

72-74 E. Santa Clara Street San Jose, California

46 San Pablo Avenue Oakland, California

63 E. First South Street Salt Lake City, Utah

124 W. Center Street Provo, Utah

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