

PACIFIC HEALTH JOURNAL

Contents

Stimulation

Dangerous Drugs

Dietetic Suggestions

The Health Habit

How to Give Fomenta-
tions



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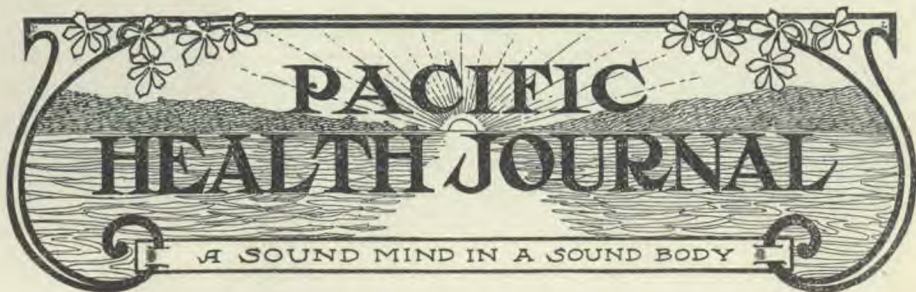
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No. 6

Stimulation

By the Editor

BY pressing a golden button in Washington, President Roosevelt sets in motion the ponderous machinery and the mighty cascades of the World's Fair, and unfurls the flags on many of the buildings. This is an example of the wonders that are accomplished by the electric current. By this means lights are lit, bells are rung, mines are exploded. The various mechanisms prepared to accomplish these results stand inert until the electric current produces the desired change.

The body is a complex mechanism, consisting of countless millions of simpler mechanisms, each of which is inert, except as it is acted on by some influence from the outside, which we call a stimulation. Not a muscle, not a gland, not one of the millions of cells composing these and other organs, moves, grows or changes, except as it is influenced by stimulation. Every part of the body has its legitimate stimulants, which, under normal circumstances, the tissues recognize, and to which they respond. The lungs do not act of themselves, but are under control of a respiratory center.

The presence of an undue amount of carbon dioxide in the blood, and a lack of oxygen, stimulate the respiratory center, and from this proceed impulses which stimulate the lungs, or rather the muscles of the chest, to increased action. The presence of food in the mouth or the act of mastication stimulates the salivary glands to pour out their secretion; and various influences, when food is being eaten, act as stimulants to the glands of the stomach. These are a few examples of the natural stimuli to which the various organs and parts of the body react when they are in a natural condition.

But there are other stimuli to which the body or parts of the body may be made to respond. Either because the indulgence of these stimuli is pleasurable, or because it lessens the reaction of the body to the natural stimuli, so that there is a demand for the artificial stimulus, the tendency is for these indulgences to become a habit very difficult to break off.

Among the artificial stimulants which are used by a large proportion of humanity are tea, coffee and cocoa.

Dr. Haig, the eminent London phy-

sician, who has devoted years to the study of uric acid, concludes that tea, coffee and cocoa owe their stimulating qualities to the fact that their alkaloids are nearly allied to uric acid. I quote from his work, "Uric Acid in Causation of Disease."

We are in a position to explain completely the primary stimulating effects of tea, coffee, cocoa, guarana, beef tea, meat extracts, soups, and thyroid extract, also the use of pigeons' dung in ancient prescriptions, and a draught of child's urine as a stimulant by some nations at the present day.

It is a point of no little interest that these stimulating effects are in all cases due to one and the same chemical substance, and are produced in exactly the same way, and that this is also followed later by depression, which requires further stimulation to remove it.

Tea is by no means the harmless substance it has been supposed to be, and in place of causing a little dyspepsia by tanning the gastric mucous membranes, it may really bring about, in the course of a year, the introduction of a huge quantity of uric acid, and thus account for some of the most serious effects of uricacidemia or arthritis. (The tanning is done by the tannin or tannic acid.)

Dr. Brunton, one of England's greatest authorities on the action of drugs, has recognized the baneful influence of tea and coffee, though he refers the most of its harmful effects to the tannin rather than to the alkaloid. Dr. Haig has seen the effects of the tannin, but believes that there is a still greater danger from the presence of the alkaloid. Dr. Brunton says:—

Tea is very apt to cause a feeling of acidity and flatulence. Sometimes the acidity comes on so soon after the tea has been taken that it is difficult to assign any other cause for it than alteration in the sensibility of the mucous membrane of the stomach or esophagus. Tea contains a quantity of tannin, as we very readily notice by the black spot which a drop of it will leave upon a steel knife, and it contains also caffein and

volatile oil. The effect of the tannin is to interfere very considerably with the digestion of fresh meat; and there are many people in whom tea, taken along with fresh meat, will upset the digestion.

Tea in the afternoon, two or three hours after lunch, will sometimes bring on acidity almost immediately; and I am inclined to think that this is due either to its producing increased sensibility of the gastric mucous membrane, or, what is perhaps still more probable, to its altering the movements of the stomach, so that the mucous membrane of the cardiac end of the esophagus becomes exposed to the action of the contents of the stomach. These are much more acid two hours after a meal than they are immediately after it, and they will thus produce a much more irritating action upon a sensitive mucous membrane. A part of the mischief wrought by tea in the lower classes is due to their allowing it to infuse for a long time, so that a large quantity of tannin is extracted. . . . The practise of sipping the tea almost boiling hot is also apt to bring on a condition of gastric catarrh; that is, inflammation and disorder of the lining membrane of the stomach.

Dr. Robert Hutchinson, of London, an authority on food and dietetics, while he does not entirely condemn the use of these beverages, has spoken in regard to their ill effects in the following language:—

INFLUENCE OF TEA, COFFEE, AND COCOA ON DIGESTION.

The influence of these beverages on salivary and gastric digestion is, on the whole, unfavorable. Roberts found that tea markedly inhibits the conversion of starch into sugar by the saliva. If there was even five per cent of tea infusion in the digesting mixture, practically no digestion of starch took place.

Apart from their modifying influence on the chemical processes of digestion it must be remembered that these beverages sometimes affect the stomach more directly. Thus, the tannic acid and other astringent substances met with in strong infusions of tea, may act as irritants to the mucous membrane of the stomach, especially if

empty; and the same is true to even a greater extent of caffool and other products produced in the roasting of coffee. It is in this way that these beverages may sometimes excite or keep up a condition of chronic gastric catarrh. Cocoa also, owing to the large proportion of fat that it contains, is apt to be irritating to some stomachs, especially as the fat of the cocoa appears to be one which is rather difficult of digestion.

Mr. Hutchinson goes on to say that the retarding of digestion may be, in persons of good digestive power, rather an advantage than otherwise in these days of predigested foods. He then continues:—

In cases where the digestion is enfeebled, on the other hand, and where the ferments are doing their work with difficulty, the presence of these beverages in the digesting mass may make all the difference between failure and success in the process. . . .

We may conclude, then, that tea and coffee are in no sense foods in that they can neither build up the tissues nor provide them with potential energy, though they may perhaps act the part of lubricants in the machinery of the body by diminishing nervous fatigue. It is no doubt this subjective feeling that has led to the very extended use of these beverages by men in all ages and in all countries.

Dr. J. H. Kellogg, whose many years' extended experience in the treatment of patients who have been addicted to the use of these beverages entitles him to speak with authority, has the following to say regarding the effects of these drinks:—

The active principle of both tea and coffee is thein, or caffein, a narcotic poison which is fatal in other than small doses. Although not fatal in small doses, it produces, nevertheless, a decidedly injurious effect. The full injury is not seen at once, neither does it appear in a few months; but the integrity of the digestive and nervous systems is steadily, though slowly, undermined. Chocolate and cocoa occasion precisely the same effects, though they are less powerful.

The tannin contained in an infusion of tea or coffee disturbs digestion by rendering inert the gastric juice, one of the most essential digestive agents.

Hundreds have found a cure for dyspepsia, sick headache, nervousness, and wakefulness at night, in discarding tea and coffee and all their substitutes.

It may be that there are those who have become so habituated to the use of tea or coffee or both, whose organisms have so adapted themselves to the constant action of these drugs, that they produce no effect on the digestion or on the nervous system; but we have not met with any such. Those who find themselves most inconvenienced by the attempt to give up the habit, are the ones who are being most injured by it. The effect is not discerned at first; it is only after the habit has become firmly established by long usage that one can distinctly observe the effects in himself, and then he is not likely to persevere in the attempt to break off the habit.



Seek Health

By Benjamin Keech

SOME seek for wealth, and some for fame;
but I

Would know the many ways that health
may bless.

Few are the gifts that gold alone can buy,
And fame's a bubble, filled with emptiness.

And when, at last, I win the prize of health,

All other blessings may be mine, as well,
For health attracts much good; and health
is wealth;

Its rich, rare gifts no idle tongue may tell.
Randolph, N. Y.

Dangerous Drugs

By T. D. Crothers, M. D.

[Supt. Walnut Lodge Hospital.]

THERE are three great scourges of civilization, alcohol, opium and cocain. The two latter are not so well known as the first, but are equally dangerous and destructive. Tired and nervous men and women are given doses of these drugs for relief, either by the physician or by advice of some one who has received great benefit from them. The effects are so grateful, and the comfort and rest is a new world and a new revelation.

They have been transported into an elysian field, and from that time every pain and ache, every sleepless night, suggest and call for the return of this rich experience of relief and comfort. There is no thought of danger and no suspicion that they will ever have to continue its use, but can stop it at any time, and suffer in no way from its effects. So the days and months roll on, and the demand for the drug increases until it is necessary for comfort. Then all attempts to stop are followed by misery, and they return to it again.

The consciousness that there is danger comes now and then, but they reason that some opportunity will occur by which they will escape. As the danger thickens they become more secretive and deceptive. Finally an exposure follows, then an attempt to give it up is followed by misery, distress and failure. Or perhaps spirits are substituted, and with

them come the dread sense of weakness and debility and incapability to live normally. Thus the poor victims are miserable while using the drug and more miserable without it.

The first pleasing effects have disappeared; and stupor, semi-unconsciousness, with dreams and conscious weakness, have taken their place. Many good men and women are struggling to escape from these drugs and from the dread of pain and discomfort and fear of evil that are associated with them.

In every large center there are many men and women whose lives are blighted by the necessity of depending on drugs, and who fail in every effort because they have lost the endurance and power to resist pain. They die from various acute diseases, and their drug-taking is known only to a few persons. All their plans in life have been broken up. Nothing has succeeded.

Fortunately all persons who use opium or its alkaloids are not affected pleasantly at first, but where the drug is used these effects may be quickly acquired. Cocain, the third scourge, is used in headache medicine or remedies for colds, toothache and local troubles, and the same pleasing effects follow, a delightful sense of exhilaration and comfort, in which the brain seems to be working at its best, and complete satisfaction with life and the surroundings follow.

To many miserable neurotics and hay-fever victims the effect of cocain is very seductive, and its use is continued for all sorts of discomforts and pains. After a time the attempt to give it up is followed by more misery, and the drug is continued; then follows a period of deception, intrigue and efforts to conceal the real condition.

Often very active brain workers are cocain takers, and their writings and conduct betray them. Later they fail, go into decline, become users of alcohol or opium, and die suddenly. Few people realize the misery concealed. Sometimes the fault is in the family physician prescribing these drugs and telling the patient their composition. In other cases quack drugs are responsible for this addiction. There is no caution, no signal-flags of danger, and they go blindly into it, preferring the fascination of the present moment, and risking the possibility of escape in the future. Where these drugs produce the perfect relief from pains and aches, there is grave danger ahead. They should never be given except by the counsel of the family physician, and never taken alone. Patent medicines to stop pain and produce sleep are often the hidden griefs for a future wreck.

In a little town in Connecticut a druggist put up a catarrh remedy which had an immense sale until it was found to contain large quantities of cocain. The effort to abandon it was very difficult, and many persons became permanently addicted to its use.

Cocain is a very seductive drug for

teachers and professional men. It gives the impression of strength and vigor that is fictitious and transient, and demands a continuation of the drug. Many cocain takers have forms of delirium of which writing and speaking is one. Many books on the market show signs of the cocain taken by the authors. The words are involved, and glide one into the other in a dreamy, delirious way. Ideas crowd on each other for expression without object or purpose, and the point of view changes so rapidly that the reader is bewildered.

Newspaper writers and clergymen show signs of this addiction. The very poor in large cities are taking up the use of this drug, and the sale has reached enormous proportions far beyond its legitimate demands in medicine. Cocain takers not infrequently change to morphin or to spirits, and alternate back and forth from one drug to the other.

The advice of a distinguished man who was himself a victim is most practical. The minute you find yourself depending on any of these drugs for rest or relief stop everything and escape as you would for your life. Go under the care of some medical man, and be treated as you would for consumption or some incurable disease, then, when you escape, live a most careful life of avoidance of every possible risk and danger. The next best caution is, avoid the beginnings, and never trust medicines for the relief of pains or aches unless you know what they are.

Hartford, Conn.

Dietetic Suggestions for Dyspeptic Sufferers

By H. E. Brighthouse, M. D.

THERE are broad rules, which, if followed, will be helpful and curative to any condition of disordered digestion. While in many cases it is necessary to have special examinations to ascertain exact conditions in order to outline specific treatment for a cure, still more frequently much can be accomplished by the individual living close to nature and conforming carefully to natural laws.

Stomach trouble, indigestion, or dyspepsia of whatever kind, is the result of a departure from natural methods of living. The difficulty may have originated in parental ignorance or indiscretions during babyhood or childhood, or may have appeared through indiscretions of later years. Our fathers and forefathers before us departed from the natural mode of eating, drinking, and living. Having been brought up according to their ways, which are often altogether out of harmony with nature, that which is natural and right and true seems strange to us. Our education has been at fault, and in order that we may appreciate the natural, there must be another process of education. But once appreciating the natural, we are no longer tempted by our former unhygienic practises.

The ordinary modern civilized table has too large a variety at a meal. Where there is a large family a variety is essential, that the different members may have a choice of food, but for each one to eat something of every-

thing that is brought on the table is certainly not conducive to good results and is highly injurious to one with feeble or impaired powers of digestion. A combination of many things leads to fermentation. Many people discard fruit from their dietary, when it is not the fruit, but the combination of the fruit with other things, which is the cause of the digestive disturbance.

Overeating is another prolific source of dyspepsia. A variety tends to overeating. More is eaten than the system needs, just because the palate enjoys it. How frequently the dessert comes on after one has really satisfied the demands of the normal appetite, but a taste of it creates another appetite, and more is eaten. When the stomach is overloaded, the digestive process is hindered,—digestion is performed very slowly, and fermentation takes place, or the quality of the digested product is poor. After such a meal, there is apt to be a feeling of fullness, heaviness, and drowsiness, if not more pronounced symptoms of digestive disorder.

Pawlow, a Russian investigator who has done much experimenting with dogs, has brought to light much that is valuable in reference to stomach digestion. One point of importance which he has proved is the value of an appetite in the digestion of food. Food eaten without an appetite or relish calls forth little or no digestive juice. But with good appetite comes good digestive juice; hence the wisdom

of letting the stomach rest when there is no appetite. If one feels no inclination to eat, but instead has an aversion for food, it is much better either to wait a few hours, or till the next meal, or till there is an appetite, than to create an appetite by some tempting dainty. Food eaten as the result of a natural appetite will be digested much more completely than food taken to pamper an abnormal appetite. If there is any question as to the advisability of undergoing a complete fast, the better way is to eat nothing but fruit. One, two, four, or a half-dozen oranges might be taken in place of the meal when one is not hungry.

Another vital point made clear by the investigations of Fletcher, and confirmed by the experiments of Pawlow, is the importance of thorough mastication of every particle of food. The saliva is an important digestive fluid, digesting starch or, in other words, turning it into sugar. Careful mastication insures good salivary digestion. When the salivary digestion is deficient, fermentation of the starchy portion of the food takes place in the stomach while the food is retained there during the process of gastric digestion of the albuminous portion.

These experiments show a relationship between the secretion of saliva and of the gastric juice. The secretion of gastric juice depends partly on the salivary flow. That which stimulates the secretion of saliva, also stimulates the secretion of gastric juice. Palatable and savory foods increase salivary secretion. The sense of taste and smell are therefore essential to good digestion. Salivary, and therefore gastric, secretion is increased by mastication. Proper mastication is

therefore very necessary to good digestion. As a result of hasty eating, there is little or no salivary secretion, and therefore a failure of that stimulation of gastric secretion intended by nature through the first process of digestion, mastication and insalivation of the food.

Complete mastication is also essential in order that the gastric juice may come in contact with every particle of food. The stomach is not adapted to breaking up various-sized pieces of food, such as are usually swallowed by most people in their habits of hasty eating, and even by people who consider themselves slow and careful eaters. Some people are surprised to know that rice and mush need chewing, thinking that well-cooked rice and mush are soft and therefore ready for swallowing. But soft foods need as careful mastication and insalivation as hard foods. In order to insure good mastication, the food should not be soft, or at least some hard food should be eaten with it. Too much soft food has been one cause of the evil habit of swallowing imperfectly-masticated material, and, consequently, one most prolific cause of dyspepsia. Some hard food should always be eaten to encourage the habit of mastication. Fluids and gravies to moisten the food also act detrimentally by taking the place of the saliva in moistening and softening the food. One who has digestive trouble of whatever kind, should learn to use hard, dry food, unmoistened except by nature's method.

1436 Market St., S. F., Cal.



A CRUEL story runs on wheels, and every hand oils the wheels as they run.—*George Eliot.*

The Health Habit

By Maria L. Edwards, M. D.

THERE is nothing in this life more desirable or more essential to our happiness than the blessing of health.

With it almost anything is possible; without it one can not but be miserable. A sound and well-working body is looked upon by many as a sort of happen-so, or streak of good luck, but so sure as effects always follow causes, just so sure sickness does not come to an individual without a cause, neither is health maintained without thought and care. The first duty of an intelligent physician in his attempt to relieve his patient is to search diligently for the cause of the illness.

Nature holds essential certain definitely prescribed physical laws, which are as binding on our physical nature as the moral law is on our spiritual or moral nature. While violating these laws, or paying no regard to their demands upon our bodies, we are vigorously cultivating the sick habit—a very unprofitable business. But as soon as we intelligently observe the laws of nature we are beginning to form the "health habit," and a most enjoyable and delightful habit we always find it.

In the first place we must live as correctly as we *know* how to live. How many, many times a pricking conscience will prompt one to ask a physician if such and such a thing is good, knowing all the time that it is not proper, but hoping that something the physician may say will give license for the indulgence in that which the appetite so much craves. Such a patient

looks very much taken back when the doctor quickly turns and asks him what *he* thinks, and with a sort of confessional air he begins to make answer, "Well, I know I ought never to touch so and so; my doctor has always warned me," etc. This little confession at once reveals the fact that the person is not doing what he knows is best for his own health; in other words, he is not living up to the physical light he already has; and be assured, dear reader, there are thousands in this position.

To form the health habit, we should look well after the essentials that must be observed in order to keep one's health. These may be summed up under about seven headings, thus:—

1. Proper breathing. 2. Proper drinking. 3. Proper feeding. 4. Proper resting. 5. Proper exercising. 6. Proper Bathing. 7. Proper clothing.

(1) PROPER BREATHING.—Breathing is the taking in of life-sustaining oxygen and the throwing off of life-destroying carbon dioxide, with its accompanying poisons. This important work must go on while waking and while sleeping. The lungs must have room for good expansion. Systematic deep breathing through the nostrils, in the open air, in the early morning, is the best safeguard against lung diseases.

(2) PROPER DRINKING.—It requires at least six glasses of water per day to make good the water waste from the skin and kidneys, and these organs need that water replaced in order to carry forward their work of elimina-

tion. Why then should we restrict our systems in a thing so free and simple as water?

(3) PROPER FEEDING.—The appetite has proven the ruin of many a brilliant man. Then let us eat at proper and regular times (not between times) the simple, well-cooked food that each of our stomachs can take care of without trouble.

(4) PROPER RESTING.—Nature has decreed that this vital machinery of ours shall have seven to eight hours of sleep. Then let us simply see that we have it, remembering that our most restoring and refreshing sleep comes before midnight.

(5) PROPER EXERCISING.—“In the sweat of thy face shalt thou eat bread,” was Jehovah’s decree when man was driven from the Garden of Eden. The more we shun this decree and neglect exercise, the more our systems become clogged with the poisonous materials that should be thrown off. Hence daily systematic exercise is another means of cultivating health.

(6) PROPER BATHING.—Millions of little mouths, called pores, open out through the skin and are constantly sending forth the perspiration filled with poisons. In order to do the best work, our skin needs about two warm baths (with soap and brush) per week, and a daily morning cold bath. The latter accomplishes a three-fold purpose:—

(a) It accustoms the skin to cold

and thus guards against “taking cold.” In fact, a faithful carrying out of this plan invariably bids farewell to colds.

(b) The reaction which should always follow creates a glow and increases circulation.

(c) It has been proven that after a cold application there are one-fourth more white blood corpuscles (the little repairing missionaries) in the circulation than before.

(7) PROPER CLOTHING.—In clothing the body we need simply to remember that clothes are worn for protection and comfort. So we should not leave the lower limbs to freeze, nor make ourselves uncomfortable by restrictions, nor by hanging the clothing from the hips instead of the shoulders.

“An ounce of prevention is worth a pound of cure.” If the preventing is well done there are no sicknesses to cure. Never, never allow an acute trouble to become chronic.

Paul said he was debtor to all men. Then let us not increase our debt to humanity by not only failing to accomplish our life’s work, because our bodies must be laid on the bed for repairs so much of the time, but by actually taking the time and energies of others in waiting on us, and so divert them from the good they might otherwise do. Sickness is a *loss* all around. Then why not set about forming the health habit, which will add happiness to our own lives and also to the lives of those around us?



How to Give Fomentations

By A. Winegar-Simpson, M. D.

DO not make the mistake of getting all-wool blankets, because after they are wet they shrink up and become hard. In using very soft water all-wool blankets would be all right, but there are very few places where we can do this. Another difficulty is that when you try to wring all-wool blankets you can not get them dry. However tightly you may wring the blanket, there will be a little dripping by the side of the patient, which will be very disagreeable; so use half cotton and half wool for the fomentation cloths. Half a blanket will make four cloths.

Always apply a dry blanket first to the body. I have seen persons apply the wet fomentation cloth next to the body of the patient. While that is all right so far as the effect is concerned, you can get the effect just as well by using the dry blanket next to the body, making it more bearable. You may need more than two thicknesses of the blanket, according to the sensitiveness of the patient.

You should have the water at boiling point, or at least it should be boiling when you begin. Fold the fomentation cloth lengthwise to the desired size. Grasp the cloth by the ends, dip the center into the water, keeping the ends dry, then twist both ends until the moistened portion is hard, thus squeezing out all the water and at the same time avoiding getting the hands wet. Have a dry flannel ready, and fold the hot cloth inside the dry one, then apply this to the part of the body to be treated.

Suppose we wanted to give a fomentation to the spine. It is best to have it a little wider than the spine, because the nerves pass out from the spine and are affected by the fomentation. Fold the fomentation cloth so it will cover the spine, placing it inside one thickness of dry flannel, and apply. Fomentations have to be applied differently for different parts of the body. Apply the fomentation until the pain is relieved. Change every three minutes.

If not careful about applying heat, you may make the trouble worse instead of better. In applying a fomentation to the aching part to relieve a toothache, the most natural thing would be to suppose that a large fomentation would be just the thing, but when so applied the toothache would become worse. You must not treat toothache in that way. Other parts of the body are not so small and can be treated more generally. When you apply a large fomentation over the side of the face it would naturally cover that part of the neck where the carotid artery is situated, and that artery will become dilated, and more blood will flow into the tooth and make the ache worse than ever. So take a small fomentation cloth and apply directly over the tooth, at the same time applying an ice-bag over the carotid artery. That will stop the toothache. I have known toothache to stop in about two minutes, and with other treatment you might work on and yet not get the desired result, because you are working against

the very thing you are trying to accomplish.

SUBSTITUTES FOR FOMENTATION CLOTHS.

How might we treat a patient if we had no fomentation cloths? You will find when you go among the very poor that they have very little with which to do. In such cases you could use old garments that are part flannel. Perhaps you will get in places where there is nothing at all. There are some things that can be used as substitutes. A stove lid can be used to good advantage for some parts of the body. Have it cooled; if too hot wrap in a wet cloth, and over this place a dry cloth and apply to the body. You can use a hot plate in the same way. Heat it in the oven and wrap a cloth around it in the same manner and apply. You may also use hot sand bags, bags of salt or bran or grain of any kind. You can find something in almost every home that can be utilized in this way. Large leaves may be used. In fact I do not know of anything more satisfactory as an application than cabbage or horseradish leaves. Lay the leaves on the stove until they are wilted, and when they are soft apply to the affected part. Apply the dry cloth next to the body and then apply the soft, wilted leaves.

In some cases I have seen ears of corn used. Boil the corn and use it that way. Wrap in a cloth. It steams through the cloth and makes a very nice hot application. So you see we can not depend altogether on one thing, but we can substitute and get the same result. You can use dry heat sometimes, but the moist heat is more satisfactory. I would also men-

tion the rubber bag. This you might not find in the ordinary homes or among the poorer classes. Suppose we have a bag, but have no fomentation cloths. By partly filling the bag with boiling water so it will lie flat, first wrapping it with a moistened cloth, then a dry one, you will have something that will answer the purpose of the fomentation cloth. This would be more convenient than fomentations if you were treating yourself and were lying down. It would be unhandy to wring out the fomentation cloths yourself, and the bag does not require changing as does the fomentation.

REVULSIVE COMPRESS.

We might speak of another treatment that could be used with the hot fomentation, and that is to make a cold application between the hot applications; give the hot fomentations for three or four minutes, then apply the cold. Alternate the hot and cold treatment, and you will find it gives good results. For troubles with the lungs and bronchial tubes there is nothing better than this treatment. We call it revulsive compress. Usually five or six applications are sufficient, but it depends upon the condition of the patient. You can not do yourself any harm with this treatment, because the cold counteracts the hot and there is no danger of weakening the patient by the hot treatment.

317 W. Third St., Los Angeles, Cal.

✱

C. H. PRICE, physical director Los Angeles Y. M. C. A. Gymnasium, writes: "It has been a pleasure to me to have the opportunity to put a few of my thoughts regarding the tobacco evil on paper."

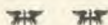


My Ransom

By E. B. H.

A SLAVE?
Who said? What one
Shall dare to hold that I,
Redeemed with ransom high,
Am doomed alone
A coward slave to die?
That I in chains must lie
Supine, and none
To save?

O slaves,
I once was bound
With sorest chains; then He,
My Saviour, set me free,
My pardon found,
On Calvary! My soul
His praises shall extol,
His name resound,
Who saves.



Abnormal Appetite

The Real Cause and the Perfect Cure

By Mrs. Elizabeth Burns-Howell

TO quit a bad habit straight off, by simple resolution, is all very well, if one possesses the requisite will-power and continuity of purpose to stay quit. But to attain the perfect result of a complete freedom from the old desire, even a deeper knowledge, a fuller experience, is required.

To the anointed eye, "the path of the just" is a highway narrow and clean, entirely distinct from that "broad road that leadeth down to destruction," whose gate is wide, and which hath many entering thereat; this divergence being not a mere spiritual discrimination, but obtaining in things physical as well. And indeed the difference between darkness and light is most clearly manifest in the material realm.

It has been written, "Tell me what you eat, and I will tell you what you are," and it certainly is true that the purity of one's tastes indicates, in a large degree, his moral tone. So it is no minor thing that the saints in light are demanded to put away the defilements of the flesh, and to stand for chaste living, in appetite and desire, as well as in thought and deed, even to the limit of self-denial, as accounted by the common standard, and in full accord with the truth in that trite phrase, "plain living and high thinking."

WHAT DOES THE NEW BIRTH
EMBRACE?

To appreciate fully the significance of abnormal appetite, human nature

must be literally born again; not as Nicodemus of old inquired, "Can he enter the second time into his mother's womb, and be born?" but must be created anew in the soul of Him, born from above; of the very source of being, which is the Fountain of Life, undefiled and incorruptible.

Now, while this new birth is primarily a spiritual process, it carries inevitably its physical counterpart. Because of the inseparable unity of body and soul, of flesh and spirit, it could only follow that when in Eden-time, the soul of man sinned, his every member became partaker in the transgression. Hence the perversion of his bodily senses that ensued, as well as of his moral nature.

Again, since the man had been given dominion over the earth, even the very soil was made to share the blight of the curse. "Thorns also and thistles shall it bring forth to thee," as well as noxious weed and poisonous plant.

So by this twofold consequence, the perverted organ of sense in the man, and the perverted product of nature in the soil, there came about that unholy phenomenon so prevalent in the world to-day,—man made in the image of the Most High God, intended heir of eternity, created to compass the universe, yet feeding himself like a fiend of hades (if indeed fiends do feed) upon every vile concoction to be discovered or distilled, hastening by every possible process his own incapacity and dissolution; fashioned fit for a kingship, behold him, a slave of slaves, bond-servant to his own mouth, it may be, or insane with the wild cravings of a drug-diseased nervous system.

COUNTERFEITS TO LIFE.

When by the first fall in sin, the human race lost the fulness of the Spirit of Life, with most of its buoyancy and power, it was quite the next thing in the decadent process that the suggestion of the deceiver be accepted, inciting to the discovery and invention of certain stimulative substances, whereby the highest activities of the Life-spirit could be to a degree, counterfeited. Hence the origin of the term "spirits" as applied to intoxicating liquors.

Again, on the opposite side, when in the torture of his soul's unrest, the man fallen sought to soothe his turbulent senses in the seductive sleep of narcotic poison, the resultant was his enslavement to nicotine, opium, cocaine, and like kindred. And as these leaders carry a list of similars in nerve effect, so do those acknowledged intoxicants, the alcoholics, bear also in their train the common table beverages, tea and coffee; for in their last analysis they all class together as unnatural or abnormal nerve agents.

WHAT IS TO BE DONE?

Here we find ourselves fallen creatures, with perverted appetites, in a fallen world of perverted products. While multitudes seem unmindful of their bondage, we know that sooner or later every victim must fall; and many an honest heart, realizing its own desperate condition, cries out in secret anguish, "O wretched man that I am! who shall deliver me from the body of this death?"

To resolve and to fight helps much, and, in fact, are indispensable. But they are inadequate. It has been found over and over that man, in his

efforts to save himself, according to Shakespeare:—

"Resolves and re-resolves,
Then dies the same."

But, praise the name of Him "who healeth all our diseases," there is a remedy more effectual, a cure complete.

WHAT AND HOW?—RE-CREATION.
"WOULDEST THOU BE MADE WHOLE?"

Seek the Great Physician, get the blood cleansed, the heart made whole, the soul set free, and "in returning and rest" the nervous poise restored. Feed on the bread of life, which is the Word of God; drink to the fill of the living water, and leave thyself in its healing flood. Then with senses attuned to harmony with every holy law of life, intuitively the desires of the flesh and of the mind become adjusted along lines of simple taste and purity of choice. This instinctive selection, supplemented by an intelligent study of nature in her normal methods and materials of operation, will so rejuvenate the entire being as to bring a complete deliverance from the old self, producing a "new creature," a new creation.

As to the curse of the soil, praise Providence, it is not absolute. "Where sin hath abounded, grace doth much more abound." Although thorns and thistles do thrive, we need not cultivate them, nor are we compelled to look for sustenance to the unwholesome cumberers of the ground. On the contrary, "the earth is full of the goodness of the Lord." "Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagles." It is only required to observe what things are good and life-giving in their original quality, and then see to it

that by some process of human invention we do not render their good ineffectual or even disease dealing.

A WORD TO MOTHERS.

And finally, mothers, a word with you. The little children are least perverted, as you know, for "of such is the heavenly." So here is your highest call. Keep the little lives pure. Cultivate simplicity of taste and a liking for natural flavor. Teach that plain things are always purest and in the best form. Train to quiet and orderly, even deliberate, manners at table, with especially thorough mastication, so that the sweetness of a "dry morsel" may be appreciated. This done, you have eliminated the evil of drinking at meals, with never a show for tea or coffee later on. All this to be accomplished tactfully and kindly, of course, never arbitrarily.

As to the "ounce of prevention" on the score of drugs and stimulants, remembering that it is the diseased nervous organism that resorts to such means, the wise mother will cultivate strength and repose in herself and her children, fortifying by well-ordered health-habits, particularly deep breathing of pure air, frequent bathing in pure water, and the abundant use of pure fresh fruit, which is God's own sweet wine, cleansing to the blood and tonic to the nerves.

Thus the years to come shall find the armor on, and every point invulnerable against any curse of craving.

And now, dear mothers, I know that to most of you this message is already familiar, its principles fully patent to your minds. If so, pass it on, for we have neighbors all around us who are still in slumber, or groping half blindly for the light we are so prone to hide

under the bushel of reticence and formality. So if any word herein shall serve to "stir up your pure minds by way of remembrance," or to arouse one lethargic soul, or point the path and lend courage to one discouraged, then this labor of love is not in vain.

A Tea Toper Converted

By Augusta C. Bainbridge

"No, no, Henry, I can not find your hat; look for it yourself. I am so nervous I can not think. It is a shame to say it or feel it,—but I am glad when you are all off to school."

"Our teacher says that tea makes people nervous, and you know you drink a sight," said Henry, as he dusted his hat with his fist, and started out.

"O, your teacher is a crank."

* * *

"Say, ma," said Uncle Mac coaxingly.

"Yes, yes, I know what you are going to say, but I can not bear to have them poking their new-fangled ideas at me all the time."

"But you want them to like their teacher?" said he.

"Of course I do, and really, I like her myself. She is so cheerful, and always a nice word for a body," said Aunt Lizzie, quite won by the memory of Sunday's visit.

"Well, you think over the tea question. It may be there is something in it."

And Uncle Mac went to the barn.

* * *

"Now my cup o' tea and then the churning," said Aunt Lizzie, after the dishes were rid up.

"I wonder, O, I wonder if there is any sense in this tea-talk. I am sure I could not stand on my feet an hour longer if I did not have it. When I have those fearful headaches, I could not stand. What shall I do? How could I work? How could I eat? I am sure I could not sleep. But O, to have day after day, all well, for days together! Three years she has taught our school, and never lost a day! Well, I'll not begin to-day."

* * *

"Poor ma, how I wish you did not have these fearful spells of headache."

"Well, Henry, if there is any truth in that tea-talk your teacher gave me, this shall be my last. I made up my mind this morning, by the help of God I would never touch another drop. But you must all help me. I expect I shall be fearful mean to live with until I get used to the hot-water business. Here comes pa, I'll tell him before prayers, I am sure he can pray better then."

* * *

"Henry, you may ask your teacher to come home with you some day soon, ask her to stay all night. I want to have a good talk with her. You haven't told her, have you?"

"No, I haven't, but I've just been a bursting to, many a time. Won't she be glad!"

* * *

"No, truly, I had no idea the tea had so much to do with it. The first few days were anxious. Henry, he wanted to stay home with me, but pa was here, and I knew the dear Lord was holding on to me, and, just as you said, I kept a 'looking up.' It was so hard to eat, and chew, with my mouth so dry like. It seemed I must

surely choke. Then at night, I could have cried, and I did a little, I wanted a drink so much. I always liked it hot, but the feeling was so strong, I was sure I could go to sleep if I could just have a sup, even cold. The hot foot-bath surprised me. I was amazed and surprised to find it made me sleepy when I drank the hot water with it. Now it's a month, a whole month, and I can sleep fine. I am not dizzy now, either, and I wake up, wide awake, not stupid-like."

"How are the headaches?"

"Gone, clean gone, and gone to stay, please God. But the best of it all is, I don't get nervous any more. None of those fidgety, flustery feelings come over me any more. I just go about, singing and praising the Lord. I can work, and eat, and sleep as I never did before, no, not since I can remember. It is a wonder to me, I can hardly look at myself and believe I am the same woman. And I am not, either; I'm converted."



At Close of Day

If you sit down at set of sun,
And count the acts that you have done,
And, counting, find
One self-denying act, one word
That eased the heart of him who heard,
One glance most kind,
That fell like sunshine where it went,
Then you may count that day well spent.

But if, through all the livelong day,
You've cheered no heart by yea or nay;
If, through it all,
You've nothing done that you can trace
That brought the sunshine to one face;
No act most small,
That helped some soul and nothing cost,
Then count that day as worse than lost.

—*The Young Reaper.*

Housekeepers or Homemakers

I HEARD this conversation between two friends recently:—

Mrs. S., who is noted as a fine housekeeper, but who has very little time to read, said: "O, dear, what is the use of living, just to dig and scrub all the time!"

"I think it is wicked to spend all one's time digging and scrubbing," said Mrs. L.

"But what can one do?" replied Mrs. S. "I work all the time, and then my house is always dirty."

Another lady said: "Why, Mrs. S., I always feel that my house is quite comfortably clean until I see the way you keep yours. I always go home from your house feeling like a sloven."

Then I thought what a pity to get so in the habit of looking for dirt that we can see it everywhere. I could not help wondering which was the worst—dust in the corners of rooms or in our brains.

I have often thought with gratitude of the scolding a motherly woman once gave me. She asked me why I looked so tired; and I replied, I am afraid with a feeling of virtuous pride, that I had done a big ironing that morning. She soon made me realize that I was sinning against my nursing baby, in so tiring myself, and then she gave me a little talk on the subject of ironing.

"You will be surprised," she concluded, "to find how many clothes can be put away without being ironed and no one be the worse for it. I fold my sheets, the kitchen towels, and a great many other pieces, tuck them away in the drawer and run out on the porch and read the paper."

I tried the experiment rather doubt-

fully the next week, but was reassured by the gallant remarks of my husband, when I asked him what he would think if he found wrinkles in his underclothes; he replied smilingly that he would much rather have the wrinkles there than in my face.

So I concluded that we women would be wise to get the dust out of our brains and the wrinkles out of our faces, even if we had to leave them in some less noticeable places.

I am truly sorry for the woman who is so overcivilized that she is positively wretched in a room where the colors are not harmonious, the window shades up too high, or a picture hung a little crooked, although the same woman would not be in the least disturbed over the lack of soul harmonies, or a distorted spiritual vision.

So many details crowd upon the attention of the housekeeper of to-day that it is very difficult to keep clearly before ourselves and our children the real aim of all this machinery of living. Are we really getting more life out of it all? or are we so burdening ourselves with trifles that we have no strength or time left for the real things of life?

It seems as though it must be more easy to-day than in the days of Mary and Martha to become troubled over many things; but it is still true that the Marys who take time to draw inspiration from the Source of true life are wiser than the overanxious Marthas.

I know women who are slaves to their nice houses, who get no comfort out of their homes except a foolish pride in keeping them in perfect order.

Sometimes, when I go into a house

where everything is always in order, and the furniture is unacquainted with dust or scratches, the housekeeper's instinct arises within me and makes me almost envious. But when I go home to my noisy, happy crowd, the mother heart gets the better of me, and I think, What does it matter, so long as we are all happy? What would a child amount to who would always sit on a chair in the corner and never disturb anything? Let me be thankful that none of mine are of that kind.

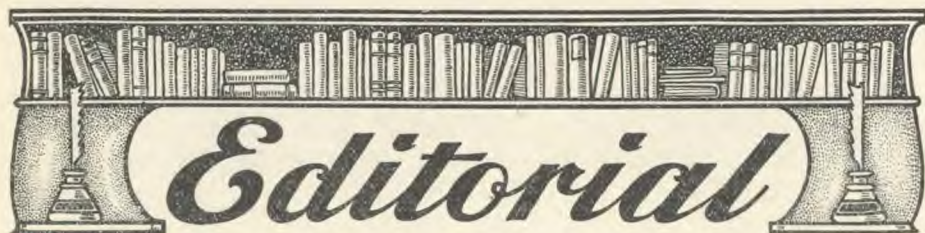
Most of all to be pitied is the mother who can keep her house in perfect order because her children seek their happiness elsewhere.

Let us remember that our homes are for the comfort of the family, and not the family to take care of the house. —*Selected.*



WITH this issue we finish our work for the Woman's Realm of this JOURNAL. We wish to thank those who have so kindly assisted us by their contributions from month to month. We regret that more time and thought could not have been given to the work of this department, thus making it more alive and fully awake to the different lines of woman's work. But the little that has been done, has been done amid many and perplexing duties. We feel sure that the new home, and new environments of our JOURNAL will bring new inspiration to both the editor and new contributors. We wish them the blessing of God in all their future work.

KATE A. WILCOX.



Circumstances Affecting Digestion

Hyperchlorhydria, or Excessive Acidity of the Stomach

THE editor of the *International Medical Magazine* sent out a series of questions relating to the above-named condition to a number of the most eminent authorities on stomach disorders in this country and Europe.

To the question, "What is the most frequent cause of hyperchlorhydria?" he received, among other answers, the following: (1) "Neuroses [abnormal action of the nerves of a functional character]." (2) "Nervousness. That is, one finds it very often in nervous individuals, especially in persons who are easily excited, anxious or overworked, as a symptom of neurasthenia." (3) "Most frequently by improper food, highly seasoned, concentrated, alcoholic drinks, extremes in temperature of food, rapid eating, and abuse of tobacco." (4) "Neurasthenic predisposition." (6) (7) and (8) give neuroses and neurasthenia as the causes. One author gives excess of food, especially nitrogenous, and of fermented beverages, and use of the corset as the most frequent causes.

Professor Hemmeter, of the University of Maryland, calls attention to the fact that the gastric juice of a carnivorous animal can be made to contain less hydrochloric acid by feeding the animal on a carbohydrate diet

for a long time. So he believes that while hyperacidity is often of a nervous origin, it is also frequently the result of the adaptation of the glands of the stomach to the conditions required of them. That is, where a large amount of meat is eaten, a large amount of hydrochloric acid is produced in order to digest it. This is on the same principle that a blacksmith's right arm becomes larger than his left arm because more work is demanded of it.

Now, as is usually known, the ordinary treatment for hyperacidity includes usually the giving of frequent meals, and the use of large quantities of meat, the meat neutralizing the hydrochloric acid, and for the time being relieving the unpleasant symptoms. But as has been shown conclusively, the use of meat, while it neutralizes the hydrochloric acid, constantly stimulates the glands to the production of more hydrochloric acid, and so perpetuates and increases the evil.

Milk differs from meat in this, that while it neutralizes hydrochloric acid, it does not stimulate the glands to a greater production of acid. So milk, by some authorities, is recommended as an ideal food for this condition.

But as the strong acid in the stomach would be likely to coagulate the milk in large, hard curds, it is recommended that the milk be first curdled by means of rennet, and if desired, the whey partly pressed out, and cream added.

In order to lessen the irritability of the stomach walls, the stomach is given rest for as long periods as possible, the patient being put on two meals, or better, one meal a day. Rest in bed at the beginning of the treatment, all food being given by rectum, seems to give excellent results.

From the causes given above we may conclude that it is of importance that the sufferer from acidity abstain from excessive eating, hasty eating, too frequent eating, the use of highly seasoned foods, of alcohol and tobacco, and that he must avoid those conditions of life and those occupations which involve mental strain and worry. It will, in some cases, be necessary to drop work altogether for a time.

A mucilage of slippery elm bark is recommended as a bland drink much preferable to plain water, which tends to increase the production of acid.

H.



Raw Starch

THE statement is sometimes made that human beings can not digest raw starch. We think this is a mistake. It is true that the saliva has little if any action on uncooked starch, but the pancreatic juice probably has a much greater amylolytic or starch-digesting power.

There are many people to-day who have adopted what they call the "Edenic diet," consisting entirely of raw foods—fruits, grains, and nuts;

and they are having good health, so far as we can learn. The writer has never been free to accept their statement that all food should be eaten raw, and that cooking destroys the life-giving power of the food. There are too many healthy eaters of cooked food for that. On the other hand there are too many healthy eaters of raw food to admit of the claim that for human beings raw starch is indigestible. Of course, it might be indigestible and yet harmless, the same as cellulose; but when it is considered that three-fourths of a vegetarian's menu consists of starch, it will be readily understood that if the raw starch is indigestible, the man on the "Edenic diet" must either subsist on one-fourth the nourishment of other people, or else eat a much larger quantity of food; neither of which is so. This, of course, would not apply to such as live largely on dates, raisins, and other sugar foods, but to those who subsist largely on grains. If the statement is made that raw starch as found in green fruits, in connection with a large amount of acid and cellulose, when it is imperfectly masticated, as it often is, is indigestible, we acquiesce; for we have seen the results of a combination of small boy and green apple. But the small boy—or the grown-up boy for that matter—can chew raw wheat to his heart's content, and experience no bad result from it. In fact, I would rather risk the small boy with a pound of raw wheat to chew on than a pound of the more fully-digested product, commonly known as candy, even if it be of the variety known as "food candy," for the latter would be carried into the circulation faster than the liver could take care of it. One is not likely to

eat too much of raw meat, but one can very readily eat too much sugar or candy. And this statement is true of all forms of sugar and candy. There is no form of sugar that can safely be eaten in unlimited quantities. We venture this assertion and will wait for further developments to prove it.



Eyesight Restored by Vegetable Food

THE following clipping, from the *Vegetarian Messenger*, finds your editor somewhat skeptical. In the first place, he has seen many vegetarians who had failing eyesight. He has seen many persons adopt the vegetarian diet, and though he has seen much benefit resulting from the change, in various ways, he has yet to see a case where presbyopia, or old sight, was removed. Old sight is the result of the hardening of the crystalline lens, a change which takes place, like the hardening of other structures in the body, as the result of old age. There is a vast difference in the rapidity with which this change progresses in different individuals. But, so far as I know, when the change has once taken place, it is never afterwards reversed.

I am willing to learn. Any one who reads this, if his eyes are failing, may make a test of the matter, and I shall be glad to hear of the results.

"In a communication from Herr K. Munch, we have another of those ever-welcome experiences which tell in favor of vegetable food. This gentleman began to lose his sight in his fifty-sixth year, so he could not read print at the ordinary distance. His physician ascribed it to a defect in his eyes and provided him with spectacles suitable for them. These were in-

creased in strength from time to time up to his sixty-fifth year. At this time he began to read Edward Baltzer's works on vegetarian diet, and to practise this system, and also to use cold compresses over his still weakened eyes. After a few months of this natural living, his sight was restored. He is now seventy-five years old, and can consult the small-type dictionary without glasses. Herr Munch lives on fruit, milk preparations and vegetables. He drinks only water. Every day he takes a run of a quarter of an hour to keep his skin active and his limbs supple, and says he can outdo in speed most flesh eaters at fifty."—*Vegetarian Messenger*.



It was a favorite saying of Bancroft, the historian, who was a vigorous old man at ninety, that the secret of a long life is in never losing one's temper. The remark was simply a concrete way of expressing the hygienic value of amiability—a principle which, until lately, has scarcely been considered in the training of children. Hitherto we have regarded fretfulness, melancholy, and bad temper as the natural concomitants of illness. But modern science shows that these mental moods have actual power to produce disease. No doubt in most cases imperfect bodily conditions are the cause of irritable and depressed feelings, yet sometimes the reverse is true, and a better knowledge of physiological laws would show them to be effect rather than cause. The fact that discontented and gloomy people are never in good health is an argument in favor of the theory that continual indulgence in unhappy thoughts acts as a poison and creates some form of disease.—*Congregation-alist*.

For Nervous Prostration

SOME years ago a lady, who tells the story herself, went to consult a famous physician about her health. She was a woman of nervous temperament, whose troubles—and she had many—had worried and excited her to such a pitch that the strain threatened her physical strength, and even her reason. She gave the doctor a list of her symptoms, and answered the questions, only to be astonished at this brief prescription at the end:—

“Madam, what you need is to read your Bible more.”

“But, doctor,” began the bewildered patient.

“Go home and read your Bible an hour a day,” the great man reiterated, with kindly authority. “Then come back to me a month from to-day.” And he bowed her out without a possibility of further protest.

At first his patient was inclined to be angry. Then she reflected that, at least, the prescription was not an expensive one. Besides, it certainly had been a long time since she had read the Bible regularly, she reflected with a pang of conscience. Worldly cares had crowded out prayer and Bible study for years, and though she would have resented being called an irreligious woman, she had undoubtedly become a most careless Christian. She went home and set herself conscientiously to try the physician's remedy.

In one month she went back to his office. “Well,” he said smiling as he looked at her face, “I see you are an obedient patient, and have taken my prescription faithfully. *Do you

feel as if you needed any other medicine now?”

“No, doctor, I don't,” she said honestly. “I feel like a different person. But how did you know that was just what I needed?”

For answer the famous physician turned to his desk. There, worn and marked, lay an open Bible.

“Madam,” he said, with deep earnestness, “if I were to omit my daily reading of this Book, I should lose my greatest source of strength and skill. I never go to an operation without reading my Bible. I never attend a distressing case without finding help in its pages. Your case called not for medicine, but for sources of peace and strength outside your own mind, and I showed you my own prescription, and I knew it would cure.”

“Yet I confess, doctor,” said his patient, “that I came very near not taking it.”

“Very few are willing to try it, I find,” said the physician, smiling again. “But there are many, many cases in my practise where it would work wonders if they only would take it.”

This is a true story. The doctor died only a little while ago, but his prescription remains. It will do no one any harm to try it.—*Philadelphia Public Ledger.*



Alcohol has invariably a paralyzing influence. All the results which, on superficial observation, appear to show that alcohol possesses stimulant properties, can be explained on the ground that they are due to paralysis.—Professor Bunge.

Athletic Sports in their Relation to the Physical, Intellectual, and Moral Development

BEGGING the pardon of the college athletes, and of the university sports, athletics is a most arrant humbug. The statement, frequently made, that the best athletes are also the best students is as ridiculous as it is false. The truth of the matter is, that the champion athlete is the pet of the college, is treated leniently, and frequently comes to his passing mark or prize unfairly; that such favoritism exists in most colleges is an open secret. From my personal experience in American and European universities I can say that, as a rule (which, of course, as every other rule, has exceptions), the students who possessed the best physique, excelling in all athletic sports, also possessed the dull-est intellect. We all, of course, believe in "*Mens sana in corpore sano*" (a healthy mind in a healthy body), but is athletics necessary to a healthy body? No, a thousand times no! Abstinence from alcoholic and other stimulants, moderation in food, especially animal food (in healthy adults there is never any danger of eating too little), a cold bath in the morning and a warm one in the evening, a brisk walk or ride for an hour or two, and that is all the body needs. All the functions will be kept in normal condition, and the brain will do all the work it is capable of. In fact, though it may be heresy for a physician to say so, it has always seemed to me that even an ordinarily healthy body is not an *absolute* essential to a great, active mind. I reached that conclusion many years ago,

through a careful study of the lives and characters of the great men of all ages—great in science, philosophy, religion and poetry.

Only too often have I been struck by the fact that the truly great men (not kings and warriors), those men who move the world, and make the *internal* history of the nations, were physically frail and insignificant, often deformed and afflicted with chronic ailments. I could extend the list a hundred fold, but the following names will suffice:—

Aristotle, Socrates, Plato, Newton, Leibnitz, Spinoza, Mendelssohn, Pascal, Descartes, Voltaire, Rousseau, Kant, Schleiermacher, Hegel, Darwin, Virchow, Schiller, Heine, Boerne,—everyone of them would have been knocked out, in the first round, by a Yale or Harvard freshman. But it does not seem necessary to possess a powerful biceps in order to discover the motion of the planets, to establish a new system of philosophy, or to write the sweetest and most sublime poetry. I am acquainted with many persons whose bodies are withered, whose muscles are flabby, but who, nevertheless, work indefatigably and turn out more brain work in an hour than could ever be turned out by a whole class of college athletes in a year.

The next point. The athletic sports being essentially brutalizing in their nature (the determination to worst an antagonist at any cost is not one of the noblest sentiments), they have a tendency to lower the general moral

tone of the participants. As a proof, witness the students' behavior in this city on Thanksgiving Day after the foot-ball game; or the antics perpetrated on freshmen by the older students, etc.: no assemblage of Paris street gamins, or of Bowery rowdies, could behave worse. To come to the third point: The effect on the physical development. Here the results are most baneful. A hypertrophied heart is a diseased heart—why not so with every other muscle in the body?

I believe that athletics exhaust the potential energy of the organism; and that athletes do not enjoy longevity has been demonstrated many times. I will not speak here of the fatal accidents accompanying the games of foot-ball, polo, rowing exhibitions, etc. They are conspicuous and known to everybody. But does everybody know how many young men go to ground from a dilated or an enlarged heart, as a direct result of some contest or match? I know a young man whose muscles are as hard as iron, who, towards the end of a rowing contest, fell down exhausted, remained unconscious for over two hours, and has been a physical wreck ever since, suffering from dilatation of the heart. Is this a reward to be striven after?

I would say to the presidents of our colleges and universities: Thick-skulled and hard-muscled youth is not an ideal to get enthusiastic over. If you want your idle, sporty and boisterous boys to become true students—manly, studious and intellectual—then abolish sports! Insist upon moderate exercise, but out with "athletics." It works incalculable injury physically, mentally and morally.—*Critic & Guide.*

A Book for Young Men



YOUNG men are ever interested in knowing how successful men succeeded. They want to know how they used the barriers, which every young man must meet, as stepping-stones to greater attainments. If these successful men *did* make mistakes, young men want to know *how* they made them, that they may the more easily recognize and avoid them.

In the recent work by Mrs. E. G. White entitled, "Education," the lives of such Bible characters as Job, Joseph, Daniel, David, Solomon, and others are taken up and treated in a way that will intensely interest every young man desiring to make the most of his opportunities. The book also has important chapters on Business Principles and Methods, Proper Recreation, Manual Training, and Physical Culture. Its price in full leather is \$2.00. Cloth, \$1.25.

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PACIFIC HEALTH JOURNAL

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Family Hygiene and Home Comfort

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FOR some time past it has been thought that the sphere of usefulness of the PACIFIC HEALTH JOURNAL would be greatly increased by changing its place of publication to an eastern city. As it was learned that the publishers of the *Review and Herald*, Washington, D. C., were desirous to publish such a journal, the PACIFIC HEALTH JOURNAL has been turned over to them, and they become responsible for the completion of the present subscriptions. The July number will be issued from Washington, under a new name, and probably in new dress. If there are those who miss the visits of an old familiar friend, it is to be hoped that they will find in the new that which will more than repay for the loss of the old.

IN view of the transfer of the PACIFIC HEALTH JOURNAL by the present publishers to the Review and Herald Publishing Association of Washington, D. C., it seems proper that at least a brief statement should appear in this issue concerning the plans for the future of the magazine.

It is the purpose of the new publishers to make the magazine a worthy exponent of the true principles of health and temperance reform in their broadest application to the physical and spiritual welfare of the people. They intend to make the instruction simple and practical, dealing with

those questions which enter so largely into the common experiences of the home life, seeking to stimulate the desire for the better way of living and to impart as much help as possible in the application of right principles.

As the home of the magazine will now be removed from the Pacific Coast, and as it is the intention of the publishers to give it a general circulation, it has seemed advisable to change the name, adopting one which would be more in harmony with the changed circumstances.

The magazine will hereafter contain thirty-two pages, besides the advertising pages and cover. It will be divided into appropriate departments and suitably illustrated. The price will remain as heretofore, five cents per copy or fifty cents per year.

They are confident that all the past friends of the magazine will be pleased to know that Dr. G. H. Heald will be retained on the editorial staff.

All the present subscribers to the PACIFIC HEALTH JOURNAL will receive the magazine under its new name for the full term of their paid subscriptions.

They invite the co-operation of all who are interested in the advancement of the principles for which this magazine stands, and pledge their earnest effort to make it worthy of their continued support. Address all communications to the *Review and Herald Publishing Association*, 222 North Capitol Street, Washington, D. C.

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