

GOOD HEALTH

Edited by FRANKLIN RICHARDS, M.D.

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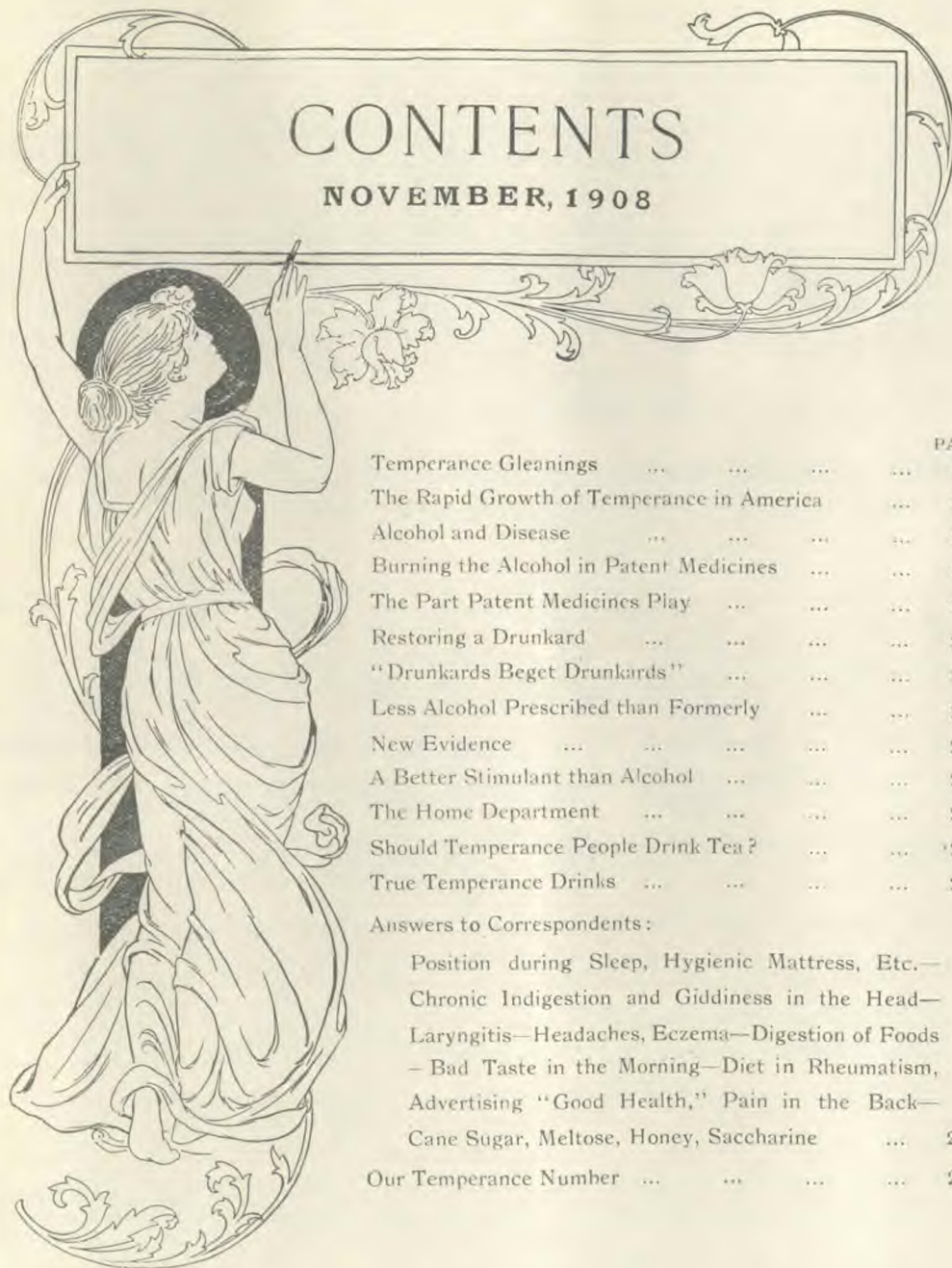
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*Good Health, November 1, 1908.*



A Good Illustration of the Stimulating (?) Properties of Wine.

# GOOD HEALTH

## A Teacher of Hygiene

Vol. 12.

Cooranbong, N. S. W., November 1, 1908.

No. 11.

### Temperance Gleanings.

OF the 8,000 inmates of one large American hospital for the insane, one-half are children; and of these children, 2,000 can trace their misery back to the alcoholism of their parents.

\* \* \*

IN spite of the fine of \$1,000 or one year's imprisonment placed upon the selling of cocaine, there are 80,000 users of the drug in New York City who are regularly supplied.

\* \* \*

AN English government department report states that 39,541 women and 10,746 children were seen to enter twenty-three London public-houses (saloons), on which observation was kept twelve hours a day for four days.

\* \* \*

GERMAN statistics show that total abstainers furnish one centenarian to every 2,272; drinkers, one to every 833,333. An abstainer's prospect of living 100 years is therefore 366 times as good as that of the drinker.

\* \* \*

THE Chicago Superintendent of Compulsory Education has recently declared that he had sent 1,015 boys to the Parental School. Eighty per cent. of those who were habitual truants were addicted to the use of cigarettes.

\* \* \*

THIRTY-ONE leading firms of Boston and Cambridge, Massachusetts, United States, have signed a notice to the effect that abstainers from all intoxicating drinks will invariably be preferred by them as employees. Among the signers are the City of Cambridge, the Boston & Maine Railway, and the Boston Elevated Railway.

THE Council of Instruction for Quebec recently voted unanimously to have the subject of temperance and hygiene taught in the superior schools of that province. The local school boards also have the right to have these subjects taught in the lower or elementary schools. Instruction in hygiene and temperance has for some time been compulsory in Great Britain.

\* \* \*

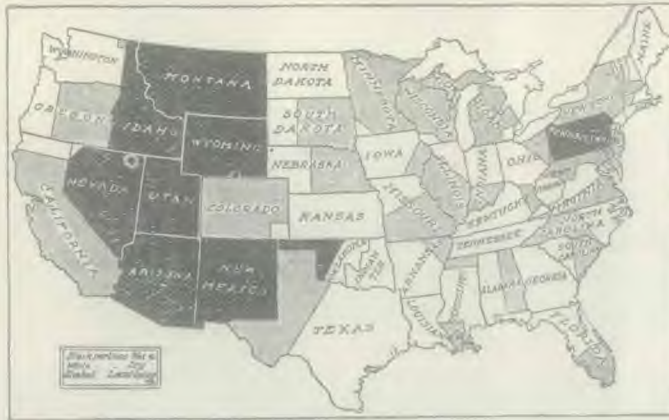
THE Chief Constable of Birmingham, England, speaking of children in the bar-rooms, says: "I have seen women giving infants a portion of their beer to drink, and I am told they do this to make the children sleepy and quiet. In the lower quarters women resort to the public-houses shortly after ten o'clock, and on these occasions they take their younger children."

### The Rapid Growth of Temperance in America.

THE irresistible sweep of the temperance movement has become the great question of the hour. The accompanying map, taken from the *Chicago Tribune*, shows how small is the territory of the United States without saloon regulation of any kind. And while so large a portion has regulation of some kind, 33,000,000 people live in absolutely "dry" districts. The growth by decades is thus given by the *Tribune*:—

#### LIVING IN DRY TERRITORY.

|           | Number.    | Per Cent. |
|-----------|------------|-----------|
| 1870..... | 3,500,000  | 9         |
| 1880..... | 7,100,000  | 14        |
| 1890..... | 11,300,000 | 18        |
| 1900..... | 18,355,000 | 25        |
| 1907..... | 33,600,000 | 40        |



The most significant and important temperance movement within half a century is that which is taking place in the Southern States at the present time. Temperance legislation is sweeping out the drink traffic at such a rate that in a year or two it will be impossible for a toper to supply himself with so much as a glass of beer south of Mason and Dixon's line. The people of the South have become fully aroused to the enormous extent of the evils which grow out of the drink traffic. Medical men of the highest standing are supporting the movement, and it looks as though a veritable tidal wave of legislative reform has been started which may extend to the whole coun-

try. For this all lovers of sobriety will devoutly pray.

A later report states that the good results of the prohibition of traffic in intoxicating liquors in the South are already apparent. Crime has been diminished in Birmingham (United States) nearly sixty per cent. If prohibition does not cure the curse of intemperance, it certainly mitigates the evil to no small degree, and by outlawing the traffic, tears off the garb of respectability which is one of its chief disguises.

Out of forty-one companies that were asked the question whether they considered the habitual user of intoxicating drinks as good an insurance risk as a total abstainer, thirty-nine replied that they would not insure moderate drinkers at all except under special conditions, and considered them as a rule very bad risks. Dr. Hughes really states the reason for this by asserting that no man can continually narcotize the neurons and sensory centres, no matter how slight the degree, without permanently disabling and destroying his vital resources. This principle applies, of course, to tea, coffee, and tobacco, as well as to alcohol.

## Alcohol and Disease.

BY D. H. KRESS, M.D.

A FEW years ago a number of German scientists representing the universities of Munich, Zurich, Basle, Leipsic, etc., in discussing the chief cause of the existing physical deterioration in Germany, drew up and published the following statement: "It is an absolute scientific fact that alcoholic drinks, more than any other factor, injure our national life, diminish the physical and intellectual forces of our race, impregnate them with hereditary diseases, and lead to degeneracy."

Dr. Bollinger of Munich said that, as a result of excessive beer-drinking, "it is very rare to find a normal heart and normal kidneys in an adult resident of the city of Munich."

It is estimated that nearly one-half of the young men in Germany between the ages of

eighteen and twenty-two, are incapable of bearing arms, the prevalence of heart disease having increased among them 300 per cent. within the last twenty years. Beer-drinking is considered one of the principal causes of this degeneracy.

A physician in one of our large American cities, in relating his own observation, says: "My attention was called to the insidious effects of beer when I began examining for life insurance. I passed as unusually good risks, five Germans—young business men—who seemed in the best of health, and to have superb constitutions. I was amazed to see the whole five drop off, one after another, with what ought to have been mild and easily curable diseases. On comparing my



experience with that of other physicians, I found that they were all having similar luck with confirmed beer-drinkers, and my practice since has heaped confirmation upon confirmation. . . .

"Any physician who cares to take the time, will tell you that the beer-drinker seems incapable of recovering from mild disorders and injuries not usually regarded as grave. Pneumonia, pleurisy, fevers, etc., seem to have a first mortgage on him, which they fore-close remorselessly at an early opportunity. When a beer-drinker gets into trouble, it seems almost as if you have to recreate the man before you can do anything for him."

N. S. Davis, M.D., LL.D., Chicago, says the claim that alcohol diminishes working ability and power of endurance, is abundantly illustrated by the thousands of beer and wine drinkers, who, from twenty to twenty-five years of age, were muscular, active, capable of any reasonable endurance, with a weight of one hundred and fifty pounds, but who, by the daily use of beer and wine, have acquired a weight of two hundred or more, and have lost their muscular activity and endurance to such an extent that an active exercise of twenty minutes would make them puff like a heavy horse."

Kidney diseases are chiefly due to alcohol. Heart disease and kidney diseases have been rapidly on the increase not only in Germany and among the Germans, but in all civilized nations during the last twenty years. In America the increase in these diseases has been especially noticeable during the year of 1907. The mortality in American cities from heart disease has increased about twenty per cent. over the preceding year.

There has been almost a corresponding increase in the number of deaths from pneumonia, and cerebral hæmorrhage or apoplexy. Tissue deterioration and the increased blood pressure resulting from the use of alcohol are without doubt the two chief causative factors in this high mortality rate from the diseases named. Alcohol diminishes cell activity and causes fatty degeneration of the tissues. In appearance the user of alcohol may be a picture of health, but in reality he is degenerate. He has an abundance of flesh, but it is of an inferior quality. The lowered vitality of his tissues renders him incapable of resisting diseases.

A few years ago a measure was passed by the Chamber of Deputies of France to rescue

the French people from the perils of alcohol. In all parts of the city of Paris, among other official placards and notices, were seen large white posters with clear, black type, headed "Alcoholism—Its Dangers." They began: "The artificial stimulus that alcohol produces quickly gives place to nervous depression and weakness; in reality, alcohol is useful to no one, it is harmful to all." The evils which the habit of drinking brings in its train were catalogued. They included "loss of affection for one's family, forgetfulness of social duty, distaste for work; misery, crime, and all kinds of physical maladies." In conclusion the posters stated: "With reference to the health of the individual, the existence of the family and the future of the country, alcohol is one of the most terrible of scourges."

In France the slight rise in the birth-rate during the last two or three years is attributed to the fall in the consumption of alcohol as a result of the efforts on the part of the nation to inform the people of its injurious nature. It is a fact that children begotten by drinking parents are usually weaklings and defective in both body and mind. Mortality in infancy is great. If they survive infancy and reach the age of youth, they are apt to succumb to tuberculosis. The degeneration so noticeable in most of the European countries which made necessary the appointment of commissions to investigate its causes, may be attributed chiefly to the free use of alcoholic beverages, for the more temperate Mongolians and Mohammedans, instead of having a diminishing birth-rate as we do in America and in European countries, show a constantly increasing birth-rate. Degeneracy among them is not nearly so marked, and the diseases which prevail in America, such as heart disease, pneumonia and cerebral hæmorrhages, are very uncommon among them. This is significant.

The war between the Russians and the Japanese affords a striking example of the value of abstinence. More should be done to make known the dangers which threaten us as nations if the use of alcohol is continued by the people in the future as it has been in the past. A united educational campaign should be inaugurated, the aim of which should be to make known to old and young—by lectures in halls and churches, by simple talks to children in our public schools, and by distribution of suitable literature—the injurious effects of alcohol on body and mind.

### Burning the Alcohol in Patent Medicines.

OUR cut illustrates a most interesting experiment which proves conclusively that patent medicines contain alcohol, and that they contain it in sufficient quantity to produce bright illumination. Can No. 1 contains one tablespoonful of Hosteller's Stomach Bitters; can No. 2, an equal amount of Peruna; can No. 3, one tablespoonful of Lydia Pinkham's Vegetable Compound; can No. 4, a tablespoonful of beer. The cans are connected by rubber tubes to incandescent gas burners, heat is applied, and the vapor given off produces bright illumination (see description below the cut).

A very simple method of proving the presence of alcohol in a mixture, is to heat, in a spoon held over a flame, a small quantity of the liquid to be tested. As the fluid nears the boiling point, the alcohol contained is driven off in vapor, which burns readily with a characteristic blue flame.

DR. NORMAN KERR says: "It is well to state that all the evils resulting from hereditary alcoholism may be transmitted by persons who have never been noted for their drunkenness. Drunkards are made in embryo, infancy, and childhood by the use of alcoholic decoctions such as soothing syrups."

### The Part Patent Medicines Play.

THE common practice of the people in buying and prescribing for themselves the patent medicines and nostrums which are vaunted as tonics and cure-alls, is without doubt one of

the causes of the craving for alcoholic drinks. Ignorantly and innocently, thousands of people form the alcohol habit through the use of these miserable nostrums. Especially is this the case with women, in whom the drink habit is often due to the use of alcohol disguised as patent medicine. Even the poor inebriate, who has been plucked as a brand from the burning, is dragged back into the fire by these insidious agencies of evil. Nor are the little children beyond the reach of this patent medicine monster, for drunkards are easily made in infancy with soothing syrups, laudanum, and paregoric. The following cases illustrate just what patent medicines will do in the way of causing inebriety:—

CASE I.—A beautiful society woman, during an attack of colic, took a bottle of a

much-advertised "pain killer" which was guaranteed to be "perfectly harmless" and to contain "no narcotics." Then she took a second bottle, and a third, and so on, for the colic remedy had created a thirst which



BURNING THE ALCOHOL.

Hosteller's Stomach Bitters (contained in can No. 1) burn for four minutes; Peruna (can No. 2) burns for two and two-third minutes; Vegetable Compound (can No. 3) for two and one-half minutes; beer (can No. 4) for but one-third of a minute.

nothing but more "colic remedy" could satisfy. As the thirst grew, this woman's beauty faded, and she became bleary-eyed, blotched and bloated, and finally insane. On analysis this "harmless" colic remedy was found to contain large quantities of alcohol and opium.

CASE 2.—A man caught cold and undertook to save the doctor's fee and cure himself by taking "Dr." Blank's great cough cure. Of course there was nothing "harmful" in it: "No narcotics used," the labels said. Then the Pure Food Law went into effect and the astonished man read on the label: alcohol, 58 per cent.; chloroform 19 drops; opium 6 grains. He stopped taking the medicine, or tried to stop taking it, but found to his amazement that the habit had fastened itself upon him so firmly that he could not shake it off.

But there is no need to multiply cases. These simply serve as examples. Those who desire to do so will be able to find others nearer home.

Lists of patent and proprietary medicines, showing amounts of alcohol contained, have been printed from time to time in the columns of this journal. From such a list based on the work of analysts employed by the Massachusetts State Board of Health, we take the following figures:—

|                                                                                                   | Alcohol<br>Per Cent. |
|---------------------------------------------------------------------------------------------------|----------------------|
| Malt Extracts and Tonics (40 samples),<br>average ... ..                                          | 5½                   |
| Liquid Peptonoids, Peptone, Henapep-<br>tone, etc., from ... ..                                   | 10-23                |
| Sarsaparillas (Ayer's, Hood's, Brown's,<br>Allen's, etc.), from... ..                             | 13-26                |
| Peruna ... ..                                                                                     | 40                   |
| Tonics (Howe's, Parker's, Schenck's,<br>Attwood's, Colden's), from ... ..                         | 13-42                |
| Bitters (Baker's, Burdock's, Drake's,<br>Hoofland's, Hosteller's, Warner's,<br>etc.), from ... .. | 6-48                 |
| Paregoric .. ..                                                                                   | 50                   |
| Laudanum ... ..                                                                                   | 50                   |

### Restoring a Drunkard.

BY DAVID PAULSON, M.D.

THE process of unmaking a drunkard represents such a transformation that it can be considered nothing short of a miracle. But this miracle, like the miracle of health, has in it the element of time and likewise demands co-operation on the part of the human agent.

The shattered nerves of a drunkard which have become so accustomed to constant artificial stimulation need physiological stimula-

tion. There is no single thing which will accomplish this more readily and satisfactorily than some daily vigorous application of cold water. It matters little whether it be given in the form of a cold sponge, cold shower, or cool bath. Who has not experienced the remarkably refreshing effects which are produced by simply bathing the face in cold water? Every organ in the body receives a similar natural stimulus from a general application of cold. This conveys only a hint of what might be accomplished by the rational use of remedies such as electricity, massage, and many others.

A proper adjustment of the diet is almost an absolute necessity in the unmaking of a drunkard. The diet of the individual who is seeking to rise above the demon of drink should be simple, nutritious, non-irritating, and non-stimulating. Every slice of the soft bread should be toasted so thoroughly that it is browned through. By this process the starch is changed into dextrin, thus rendering it much more digestible.

Fruit should be partaken of in abundance. In fact, our experience has taught us that four meals a day, consisting exclusively of various fruits, strictly adhered to for a couple of days, has often been the means in the hands of God of shattering the shackles of drink from many a poor inebriate, even when his hopes were practically crushed by his long record of previous failures to be emancipated. Fruit juices, buttermilk, non-alcoholic kumiss, cereal coffee, and cold water should be the only beverages allowed.

To the physician who has to deal with these wrecks of humanity, the Scriptural admonition to "eat for strength and not for drunkenness," acquires a tremendous significance. The victim of the drink habit should be inspired with the thought that his body is the temple of the Divine; that the various efforts he is putting forth in taking exercise, submitting to the application of rational remedies, denying an abnormal appetite for unnatural foods, are all so many seeds which he is sowing for a harvest of temperance, and from which he is just as certain to reap as he was to reap intemperance when he so vigorously sowed for the same. "For whatsoever a man soweth, that shall he also reap."

"It really does not concern the food-reformer what is to become of the animals when man declines to bury them in his stomach."

## "Drunkards Beget Drunkards."

So SAID Plutarch. And not only so, but drunkards beget idiots, imbeciles, and epileptics, for unfortunately the results of chronic alcoholism do not end with the individual. Howe found that 145 of 300 idiots were descendants of drunkards, and that among the poorer classes not one-quarter of the parents who had idiotic children could be considered abstainers. Beech, in England, found in 430 idiots that 31.6 per cent. were children of alcoholics. Bourneville, in Paris, found that of 1,000 idiotic epileptics and weak-minded children, 471 had fathers who were alcoholic; 84 alcoholic mothers, and in 65 cases both parents drank. In Normandy, Dahl found from 50 to 60 per cent. of the idiotic children had either alcoholic fathers or mothers. In Norway, during the free distillation of brandy, from 1825 to 1835, it was noted that drunkenness enormously increased and simultaneously the number of idiots increased 150 per cent. Bezzola, in Switzerland, studied 70 cases of pronounced idiocy, and found that half of these idiots were generated during the 14 weeks in which the Swiss chiefly carouse, while the rest were divided equally over the remaining 38 weeks of the year.

Epilepsy in children frequently follows alcoholism in the parents. Féré found in France that among 308 male epileptics, 118 were descendants of alcoholics; and of 286 females 130 were descendants of alcoholics. Kawalewsky proved alcoholism to account for 60 per cent. of the epileptics; while Blueler, in Switzerland, could prove drunkenness in the parents of 70 per cent. of his epileptics.

As to the relation which exists between alcoholism and insanity, Dr. Jones, chief medical officer of the London County asylums, gives it as his opinion that at the present time there are in these asylums no less than 11,000 men and 6,000 women who are mentally decrepit mainly through the effects of alcohol. Dr. Jones says: "It is a sad reflection that every year 600 persons become inmates of pauper asylums in London from this cause alone." Dr. Clouston of the Royal Edinburgh Asylum for the Insane, in his annual report for 1904, said, "Alcoholic insanity is steadily going up, and this year accounted for no less than 42.3 per cent. of the men, and 18 per cent. of the women."

That alcoholism is the cause of race degeneracy and extinction, has been abundantly

proven. Legrain observed 215 alcoholic families in three generations, of which 838 members were hereditarily tainted: 197 of these were alcoholic; 322 weak minded or idiots; 161 still-born; 37 prematurely born; 121 died shortly after birth; so that 519 were either mentally or physically degenerated. That 319, or 38 per cent., were still-born or died so shortly after birth that they showed inability to continue their existence, is a striking example of the effect of alcohol on the unborn child. Damme observed 10 alcoholic families, and compared them with 10 non-alcoholic families. In the alcoholic families, among 57 children 25 were still-born or died in the first month of life, 22 were designated as sick, and 10 as healthy. In the 10 families of abstainers, among 61 children only 5 were still-born or died early, 6 were sick, and 50 healthy. Of 37 children in 7 families in which either the grandparents or the mothers were alcoholic, only 2 children were normal.\*

Morel draws attention to the fact that individuals who are given to alcoholism in their youth, as well as the descendants of drunkards, are of small and feeble stature and muscular development, presenting a dwarfed, infantile appearance. Thus we are led to gather from the evidence of these well-established facts, that the use of alcohol creates as it were a special race which can reproduce itself with its physical infirmities and vicious tendencies for only a limited period. Fortunately it lacks stamina to reproduce itself for more than a few generations. With its descendants cursed with impotence and sterility such a race is not slow to disappear.

### Less Alcohol Prescribed than Formerly.

MANY of the most successful physicians, not only of America, but also of England and continental Europe, have ceased to prescribe any form of alcoholic liquor, and some of them are outspoken against such practice. Indeed, it is stated upon so good an authority as that of Dr. George M. Gould, editor of *American Medicine*, that the majority of physicians do not now prescribe alcoholic liquors.—*Mrs. Martha M. Allen, in the Century Magazine.*

\*The statistics in the above article are largely from Osler's *Modern Medicine*.

## New Evidence.

DR. RIVERS, of Cambridge University, professor of experimental psychology, has recently published the results of a new series of experiments made by him which furnish most positive evidence of the harmful effects of alcohol, tobacco, tea, and coffee upon strength and endurance, both mental and muscular. Every possible precaution was taken to prevent error, so that the results are apparently incontrovertible.

Some of the experiments were made with an ergograph, an instrument by means of which muscular work may be accurately measured.

In order to prepare himself for his task, Dr. Rivers renounced the use of all the drugs for an entire year before he began his experiments.

The effects of tea and coffee were found to be decidedly poisonous. Says Dr. Rivers, "Caffeine, the active principle of coffee and tea, may be legitimately spoken of as an accelerator of fatigue." On this account Dr. Rivers condemns tea and coffee as dangerous in cases of prolonged exertion, and especially in neurasthenia, in which there is a chronic "enhanced tendency to fatigue." This is especially important for neurasthenics, who are decidedly prone to the use of tea and coffee on account of the temporarily agreeable effects of these drugs in obliterating the sense of fatigue, one of the chief distresses of neurasthenics.

The effects of alcohol were "a decided falling off in the amount of work done." The evidence pointed also to decrease of mental work.

The effect of tobacco upon muscular work was found to be "most unfavorable." One instance is cited in which an eminent physiologist who had been addicted to the use of tobacco found a decided increase "in energy and power for work" on giving up the use of the drug.

Here, again, the laboratory puts itself on record against the four great poisoners of the human race—alcohol, tobacco, tea, and coffee. No other substances have done so much mischief as these four noxious drugs. All have the common property of producing a peculiar mental exhilaration, comfort and relief from the unpleasant effects of mental and muscular exertion.

The tired man takes a glass of beer, wine or rum, or smokes a cigar or a pipe, and feels

no longer tired. The weary woman takes a cup of tea and almost immediately feels refreshed. Susceptible persons are indeed so influenced by tea and coffee that the desire or ability to sleep is abolished, as well as the sense of fatigue.

This property of these popular drugs is, perhaps, the chief cause of their popularity, and has been the stronghold of the defence of their use. Medical authorities, eminent physiologists, have agreed that under the influence of these drugs, mental and muscular work were more easily accomplished, that the drugs seem to have made effort easier, required a less expenditure of energy, saved the wear and tear of the tissues, and so were of great service, especially under the stress of great exertion, either mental or physical. Laboratory experiments were cited in proof of these views, and so science presented an ample excuse for the popular demand for so-called stimulating drugs.

But now science has changed its attitude on this question. The high court of scientific inquiry has reversed the verdict. The popular favorites are no longer to be regarded as friends or benefactors. They have been positively proved to be thieves, assassins, wholesale poisoners.

There is no longer any excuse left for the saloon, the cigar shop, the tea urn, the coffee pot. These instruments of poisoning are now condemned by science and by the results of crucial laboratory experiments, as well as by hundreds of years of human experience. There is no longer any apology left for their use. They are known to be poisons, and only poison. They are in the same category with opium and arsenic, and strychnine and "Rough on Rats." It is high time for a society that thinks itself civilized to cast these demons out.—*Good Health (American)*.

A WELL-KNOWN advocate of temperance reform writes: "I have known total abstainers to break the pledge, but it has nearly always been the case that such have been smokers and have blamed the pipe for it. So far as I have observed, more members of our temperance societies fall from being caught in this snare than in any other."

### A Better Stimulant Than Alcohol.

We need not enter into argument as to whether alcohol is really a stimulant, for it has long been regarded as such, and is commonly employed for the purpose of spurring into greater activity the flagging energies of the body in case of accident or illness. Granting, then, that alcohol is a stimulant when used medicinally in small doses, it behoves us to inquire: Is alcohol the best and safest stimulant?

As a sane and sober medical practitioner desirous of rendering impartial judgment, I am obliged to answer, *It is not*. Did time permit, I would give you in detail the reasons for my answer; as it is, I shall content myself with saying that in no case do I depend on alcohol for stimulation. Nor do I refrain from using it because of a mere sentiment, for, in a case of life and death, one stands ready to make use of any means which holds out hope of help. I do not use alcohol, because I know the uselessness of using it, and because I have found a far superior stimulant in—*water*.

If we only knew enough about the body and about the way the body does its work, it would almost seem that we could raise the dead by making a right use of water. Indeed, we can already do a little along the life-restoring line, for the heart of a frog or a turtle that has ceased to beat, when placed in warm water to which a little salt has been added, resumes its action, and may be kept working for some hours. And this same hot normal salt solution, as we call it, which is nothing but boiled water and common table salt, has been successfully employed to restore the apparently drowned to life again. It has been used with good results also in case of collapse or shock from poisoning, or other accident or injury, as well as in illness and after serious surgical operations. Countless precious lives have been saved, numberless serious complications have been prevented by the timely use of this wonderful stimulant, hot salt water. And there is a reason why this natural stimulant succeeds. The blood is the life of the body, and hot salt water is so nearly like the fluid part of the blood that it will turn the wheels of life for a time, and actually keep the machinery of life in motion.

The method of using hot salt water is very simple. As much salt should be added to the water as is ordinarily used in seasoning soup,

a teaspoonful to each pint. It may then be given very hot as a drink, several glasses being sipped in succession. When given hot, salt water does not act as an emetic. It is only tepid water containing more salt which induces vomiting. In case of unconsciousness due to loss of blood, alcoholic intoxication, or other causes, one or two pints of salt solution at a temperature of 105 degrees Fahrenheit should be slowly introduced into the lower bowel by means of a syphon syringe or ordinary enema. Whenever possible, the bowels should be previously prepared by a cleansing enema. Whether given as a drink, or injected into the bowel, the water is quickly absorbed into the circulation, passes at once to the heart, which is stimulated to more vigorous action by its presence, thence throughout the body, cleansing and stimulating as it goes, until at last it is expelled by the kidneys and other eliminative organs. To the very last it acts as a natural stimulant, exciting to greater activity every part of the vital machinery. By means of external applications, water may be effectively employed also as a stimulant. Who can imagine anything more stimulating than a plunge into cold water, a cold shower, or a spray? I have seen a profoundly intoxicated man instantaneously stimulated into sobriety by an unexpected plunge into cold water. This is a stimulant which may be repeatedly employed without injurious effects. It may be modified to meet the needs of the weakest person, and when properly used is productive of great good.

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PHYSIOLOGICALLY, the effects of smoking are very much the same as those produced by intoxicating fluids. The action may be first on the mouth, but it all tends to the brain, and deranges the nervous energy. In truth, smoke causes a lulling or intoxicating effect to the most confirmed in the practice. This may be pleasing at the time, and, like a dram, may dispel momentary care, or satisfy a craving. The poor will tell you that a smoke is almost a meal; but in reality, this is a meal of nothing. A mouthful of bread would do more substantial good to the hungry stomach than the smoking of a hogshhead of tobacco.—*Edinburgh Medical and Surgical Journal*.

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EXTINGUISH the pipes of London, and you will go far to shut up the public-houses.—*Dr. James Hamilton*.

## The Home Department.

CONDUCTED BY MRS. E. SISLEY RICHARDS, M.D.

### What a Mother Can Do.

WHAT can a mother do to help on the temperance cause? She may do much even though her efforts are of necessity limited to her own quiet home circle. If every wife and mother throughout the land would discharge her God-given duty, a mighty impetus might be imparted to the temperance work.

First of all, the mother may instruct her children from earliest childhood in all that pertains to temperance. This instruction to be effective must include both precept and example. The children must be taught self-control in all things. This lies at the foundation of true temperance.

The mother may best exemplify temperance in her home by providing a temperance table. By a temperance table we mean a table upon which only temperance foods are served and temperately partaken of. It is to be feared that many mothers do not even know that there are temperance foods and intemperance foods. All good wholesome foods which up-build the body tissues, imparting strength and energy, are temperance foods. Why?—Because they satisfy the demands of the body, giving the partaker a sense of comfort and well-being, thus minimizing his desire for stimulants. But those articles of diet which, even though they may up-build the body, at the same time produce an unnatural irritation of the nerves, can only be called intemperance foods. Why?—Because by their irritation of the nerves they produce a craving for artificial stimulation—a craving which can be satisfied only by strong drink or other narcotics.

Among intemperance foods we must class flesh meats, all highly seasoned foods, and condiments. Only in recent years has the relation between flesh foods and intemperance been rightly understood. All flesh meats contain in addition to their nutritive properties a certain quantity of stimulating substances known as extractives. It is the presence of these extractives in the meat which makes a man feel after a meat dinner that he must have something else to satisfy his appetite; and that *something* is usually a glass of ale or of some stronger liquor.

Medical officers in charge of inebriate homes are forced to recognize these facts. So long as a man can be kept upon a satisfying, non-stimulating dietary, he can be kept sober with comparative ease; but once let him break over the rules and enjoy a "good square roast-beef dinner," and he will soon find his way into the public-house. The highly seasoned meat dinner sets a match to his old craving for drink, and in a moment it is all ablaze again. He can now be satisfied with nothing less than strong liquor.

The wise mother who believes in prevention rather than cure, will see to it that she places upon her table no article which may create in one of her loved ones a craving for drink or other narcotics. But while she discards from her table these questionable things, she will study to provide a menu so wholesome and satisfying, and withal so attractive and appetising, that her family may feel no loss.

(In this department of the journal, from time to time will appear articles in healthful cookery, which will solve the problems of many mothers.)

There is something else which the mother may do to help on the cause of temperance. She may set her face like a flint against all patent medicines. When we realize that the great majority of proprietary medicines contain from five to fifty per cent. of alcohol (just such alcohol as occurs in whisky), there can be no question as to our duty in the matter.

True temperance includes temperance in all things. The mother should, so far as possible, see that the various members of her family are temperate in the matter of work. The weary toiler who works long hours and allows himself insufficient time for sleep is almost certain to feel the need of artificial stimulation when his little reserve store of energy is exhausted. Good food and sleep (together with nature's stimulants—fresh air, sunshine, and water) are the only safe restoratives.

The temperance mother must also provide her family with pleasant recreation. If home be not the dearest and sweetest place, the young folks will drift away, seeking their pleasure oftentimes in questionable resorts,

where temptations of every kind abound.

And lastly, the mother may let her light shine. The humblest person is the centre of a little sphere of influence. The conscientious

mother who faithfully and wisely upholds the principles of true temperance in her home, by her example exerts a far greater influence for the cause of temperance than she knows.

## Should Temperance People Drink Tea?

For many years tea has been almost universally regarded as a temperance drink; but recently the question has arisen in the minds of thinking people, Is tea truly a temperance drink?

In considering this question it will be necessary first, to define the word "temperance" as applied to drinks; and second, to ascertain if tea conforms to the stated requirements.

Considering temperance in its true and broader sense, we may slate a temperance drink to be one which satisfies the normal craving of the body for liquid, without exerting any untoward effect upon the body as a whole or upon any of its parts.

Does tea conform to these requirements of a temperance drink? In answering this question we must inquire into the composition of tea, and must acquaint ourselves with the physiological effect of these various constituents upon the body.

Ignoring certain substances which occur in tea in such minute quantities as to render them of no importance, we may state that the three chief constituents of tea are tannin, caffeine (or theine), and volatile oil. These three substances are all so soluble in water that the beverage as ordinarily made contains them in considerable quantities. Concerning the effects of these substances upon the body, we will quote from Dr. Robert Hutchison's standard work, "Food and the Principles of Dietetics": "The influence of these beverages (tea and coffee) 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. He attributes this result entirely to the tannic acid in the infusion, but found that tea infused for only two minutes had quite as powerful an effect as when the infusion was prolonged for half an hour.

"The retarding influence of tea and coffee in peptic digestion has also been established by Roberts, Ogata, and Schultz-Schultzenstein. On the whole they are agreed that coffee has less influence than tea, provided it

be of the same strength, but, inasmuch as the former is usually a stronger infusion than the latter, its effects in actual practice are equally powerful. 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. It is in this way that these beverages may sometimes excite or keep up a condition of chronic gastric catarrh. The disturbances of digestion which tea or coffee, but especially the former, produce, is in part brought about indirectly by the nervous system. The dyspepsia which results is of the atonic type, digestion being slow, often accompanied by flatulence, and attended by a feeling of sinking or depression, and disturbance of the heart's action."

According to Sir Lauder Brunton, tea may interfere with nutrition in three ways: First, by lessening the feeling of hunger; second, by rendering food less digestible; and third, by interfering with the digestive power of the stomach. At the same time that it thus lessens the nutrition of the body it enables the person to use up much more energy than he or she would be able to do without its aid, and the consequences of this are most evident in the effect on the nervous system. Although tea prevents fatigue from being felt for a while, yet exhaustion is going on, both in mind and body, and this usually at length causes disinclination to either mental or bodily exertion, and tends to destroy the power of doing any useful work, either mental or physical, even when the attempt is made. Power of self-restraint is diminished and the person becomes nervous, unduly sensitive, timid, and emotional. Not infrequently ringing in the ears is felt, giddiness, headache, sometimes very severe neuralgia and tremulousness. Neuralgia is very apt to occur in nervous people who are able ordinarily to take a great deal out of themselves, either by sheer force of will or under excitement, and are thus more liable to reduce themselves below



normal than are those of more lymphatic temperament.

Neuralgia has been described as the prayer of a nerve for better blood and more of it, and tea, by enabling these people to take even more out of themselves than they otherwise could, will render their neuralgia more severe and more continuous. It is evident that a similar result is to be expected in regard to other nervous functions, and that the stability of the brain may be so seriously impaired that the combination of starvation and stimulation produced by excessive tea-drinking, will certainly produce a tendency to mental derangement, even if it does not actually determine its onset.

The disturbances of the nervous system mentioned above are due to caffeine (the active principle of tea), while the digestive dis-

orders are due chiefly to the tannin contained in the beverage.

Much more might be said concerning the physiological effects of tea upon the body, but this is unnecessary. In closing, we would merely ask, If these things be true, and almost the entire medical profession agree that they are true, how can thinking men and women continue to regard tea as a temperance drink? Can temperance workers consistently condemn the use of alcoholic stimulants in others when they themselves indulge freely in tea, which is just as truly a stimulant as is alcohol? Should we not, as advocates of temperance, step upon a higher and broader platform, leading others by precept and example to refrain not only from the use of alcoholic drinks, but from every harmful practice?



## True Temperance Drinks.

THE ideal temperance drink is pure cold water just as it comes from the hand of the Creator. Water is a true quencher of thirst; it cleanses the body tissues, and purifies the blood stream by increasing the elimination of body wastes.

Pure unfermented fruit juices also, either fresh or sterilized, are excellent temperance drinks. In fact there is no more effective

way of combating the thirst for liquor than by administering fresh fruit juices freely. It should be understood that the uncooked juice of fruits very quickly becomes alcoholic if allowed to stand, consequently should one desire to keep fruit juice for any length of time, it would be necessary to boil it for a few moments and then to seal it in air-tight bottles. Fruit juice thus prepared will keep indefinitely.

Unfermented grape wine is wholesome and delicious, and can easily be prepared and bottled in any home. Other fruit juices as currant, gooseberry, plum, and strawberry, may be employed in the same way.

For those who desire and can be satisfied with nothing less than a tea or coffee substitute, there are several beverages free from any objectionable properties. Caramel cereal is probably the best of the cereal drinks.

## Answers to Correspondents.

Questions from subscribers pertaining to the preservation of health, the treatment of disease, and kindred topics, will be answered by the Editor, in this department. Answers to questions received during the current month, will appear in the issue of the following month. Write plainly and concisely, give full name and address, and enclose stamp, as it is often expedient to reply by post.

160. POSITION DURING SLEEP, HYGIENIC MATTRESS, ETC.—A. M. S., Tasmania: 1. What is the proper position while sleeping? Is there anything in "Heads to the north"? *Ans.*—There are many proper positions during sleep just as there are a variety of correct positions during waking hours. Perhaps the best position for averting stooped shoulders, and correcting other deformities, such as curvature of the spine, is what is known as the prone position. That is, sleeping on the face with the arm for a pillow and the head turned slightly to one side. The side position, especially lying on the right side, is to be recommended if food is to be digested during sleep. Even the dorsal position may be taken by way of a change, though it is not as good as the side or front position.

2. What is the best kind of mattress to lie on? *Ans.*—A good firm hair mattress is usually considered the best. However, the eapoc mattress is clean and sanitary. The feather bed is under no circumstances advisable.

3. As an eyewash in your case I would recommend a solution of boric acid, which is cleansing, but not in any way irritating.

161. CHRONIC INDIGESTION AND GIDDINESS IN THE HEAD.—J. R. C., Laurence: Kindly let me know a cure for chronic indigestion and giddiness in the head. I am doubled up with pain in my stomach at times. *Ans.*—We can give no specific cure. Your diet and habits of eating must be carefully regulated. Take only two or three meals in the day, and let them consist of the simplest and most easily digested foods, such as are recommended by this magazine. Apply very hot fomentations to the stomach to relieve the pain.

162. LARYNGITIS.—A. G., Glebe: What is the best treatment for laryngitis with loss of voice? *Ans.*—Steam inhalations several times daily. Add a few drops of tincture of benzoin or eucalyptol to the boiling water. In severe cases ice compresses to the throat give relief. Apply hot fomentations to the throat each night, and follow with a cold compress well covered with flannel. The compress should be worn all night. Sponge the neck with cold water on removing the compress in the morning.

Laryngitis is usually caused by exposure to cold, excessive use of the voice, or by the inhalation of irritating fumes.

163. HEADACHES, ECZEMA.—W. E. B., Crystal Brook: 1. What would you advise for a woman who suffers from headaches frequently? *Ans.*—Keep the bowels open, regulate the diet carefully, and partake of water freely at other than meal-times. Do not use either tea or coffee. If there is any defect of vision, have the eyes tested by a competent oculist. Eyestrain, which may be relieved by glasses, is a frequent cause of headache.

2. What can be done for a baby aged four months who suffers with eczema? He is breast fed and up to the present has appeared healthy. *Ans.*—If baby is constipated, give a teaspoonful of castor oil, to relax the bowels. Let him drink pure water freely, also strained orange juice, but not sooner than two hours after a milk feeding. Instead of washing the child with water and soap, try cleansing the skin carefully with olive oil. Zinc ointment sometimes gives relief. The baby should be prevented from scratching himself, by having his hands covered with mittens. If the condition does not soon improve, take the child to a doctor.

164. DIGESTION OF FOODS.—C. P. M., Numurkah: 1. Can you give me the length of time, approximately, in which the following foods, or any of them, will digest: Oatmeal porridge, gluten porridge, nut butter, vermicelli, bananas, figs, dates, onions, cucumbers, mushrooms, tomatoes, cream, tripe? *Ans.*—The length of time required for the digestion of any particular food varies greatly with different individuals; it varies also with the amount of food eaten, and the number of other foods taken at the same meal, thoroughness with which mastication is performed, keenness of appetite, and the general mental and physical condition of the consumer. These are only a few of the factors which influence the length of time required for the digestion of a single food, or a mixture of several foods, such as one ordinarily takes at a meal. In a general way I may say that a person with ordinarily good digestion, and engaged in reasonably active exercise, should be able to digest a simple meal, consisting for example of oatmeal porridge (well cooked), with dates, cream, and bread, in about four hours. The ordinary vegetarian dinner requires about five hours for its digestion. This length of time refers, of course, to gastric digestion only. It has no reference to intestinal digestion, which continues some hours

longer. Indeed, one may say that a certain amount of intestinal digestion is practically always taking place. That is, there is always in some part of the twenty-seven feet of alimentary canal, some food which has not been completely digested and absorbed.

In this connection I may say that the experiments of Beaumont on Alexis St. Martin, as to the length of time required for the digestion of different foods, are of very little value, as no account was taken of the amount of food given. Then, too, Alexis St. Martin was not a normal individual, as his stomach had been injured and opened by a gunshot wound.

The most reliable information is derived from Penzoldt's experiments on healthy men. According to these carefully conducted observations, five ounces of boiled rice, or coarse bread, left the stomach in three to four hours. Five to seven ounces of peas or lentil porridge required four to five hours for gastric digestion. While two eggs, two small cups of boiled milk, or  $3\frac{1}{2}$  ounces of white bread left the stomach in from two to three hours.

2. In Dr. Hall's table it is stated that cauliflower contains 1.5 grains of uric acid per pound, and oatmeal 3.46 grains per pound. Is this correct? *Ans.*—There is no uric acid *as such* in vegetable foods. Plants have no waste products but gaseous bodies, which are readily given off to the air, and even these gaseous wastes are of the greatest use to the animal kingdom. Take, for example, oxygen, which is the chief excretory product of plants. A small amount of solid excreta which result from the growth and activity of the plant, is invariably removed to such localities as necessitate their withdrawal from the sphere of vital activity. These solid excretions are known to scientists as purin bodies. They are to be found in the lifeless portions of plants, such as dead leaves, bark, and the outer woody coverings of seeds, etc.

You ask whether Dr. Hall's statement that "cauliflower contains 1.5 grains of uric acid per pound, and oatmeal 3.46 grains" is correct. First of all I must say that you have not quoted Dr. Hall correctly. Dr. Hall's table does not give the

amount of uric acid in foods, but the amount of purins, that is, plant excreta. According to this table, cauliflower, cabbage, and lettuce contain no trace of purin bodies. Asparagus is the only green vegetable given by Dr. Hall as containing purins, and he gives the amount as 1.5 grains per pound. Of the cereals, Hall's table shows oatmeal to contain 3.46 grains of purins per pound.

A little thoughtful consideration given to the fact that plants are producers, while animals are consumers; that plants build up the waste products of the animal kingdom; that their work is the formation of foods suitable for the use of animals, should suffice to convince one that plants do not contain uric acid or other wastes which render them objectionable as foods.

3. I always understood that the acid of the tomato is oxalic. I see the last GOOD HEALTH says it is citric. Is that correct? *Ans.*—In answering this question I can do no better than to quote one of the best of our recent authorities on diet, Dr. Robert Hutchison, of London. In the last edition of his work "Food and the Principles of Dietetics," Dr. Hutchison states: "Tomatoes are sometimes said to be rich in oxalic acid; but this would appear to be an error. Their sour taste is due to the presence of citric acid." According to Esback, tomatoes contain .002 parts per 1,000 of oxalic acid; while rhubarb, which is rich in oxalic acid, contains 2.466 parts per 1,000.

165. BAD TASTE IN THE MORNING.—V. H. L., Inglewood: Can you inform me as to cause and cure of bad taste in the morning? I may say I avoid constipation, brush my teeth, ventilate my room at night, and do not take supper, yet I can not altogether get rid of this discomfort. *Ans.*—You are probably suffering from a form of dyspepsia which does not yield readily to treatment, or it may be the bad taste is due to the fact that insufficient exercise is taken, or too little water drunk to cleanse the tissues. Try more outdoor exercise, accompanied by deep breathing through the nose, free water-drinking, and the free use of oranges and other acid fruits. Take fat and sugar sparingly, and discontinue milk altogether for a week or ten days.



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186. DIET IN RHEUMATISM, ADVERTISING "GOOD HEALTH," PAIN IN THE BACK.—E. S. W., Maragon: 1. I shall be glad if you can advise me what to do to get rid of the pain in the lower part of the back, where the thigh joins. I suppose it is sciatica. I feel it when I lift anything, as if I had strained my back. *Ans.*—Fomentations to the back once daily, followed by massage to the back and legs, is the treatment needed to remove this pain and soreness.

2. Since I read your article about rheumatism I have given up eating legumes, bananas, figs, and dates. *Ans.*—The Editor fails to recollect having written an article on rheumatism in which he advised giving up these foods. There is no reason why a person suffering from rheumatism should not eat in moderation of the fruits named. Legumes are best discarded in some cases, or used very sparingly, the skins being always removed.

3. As a means of advertising your valuable paper, would you like me to send you the names of twenty-five persons who are members of the — Association? If so, I will be happy to do so?

*Ans.*—The circulation department would be pleased to receive such a list of names of thoughtful and intelligent men and women. The list should be sent to GOOD HEALTH, Cooranbong, New South Wales.

167. CANE SUGAR, MELTLOSE, HONEY, SACCHARINE.—J. B.: 1. How much cane sugar, lumpy, or saccharine can be taken per day without injury?

*Ans.*—Cane sugar should be used very sparingly, and saccharine not at all. A little cane sugar in stewed fruits does not disagree with persons having ordinary digestive powers. Added to porridge or other foods, however, cane sugar is decidedly objectionable, as it tends to produce catarrh of the stomach and bowels. Saccharine weakens the heart muscles; and as it is not a food, but a drug, it ought not to be used at all. Good pure honey may be used as freely as the digestive organs will permit. You should be able to take from two to six or eight teaspoonfuls at a meal. Honey is fattening, and will help you to increase your weight, provided you do not take it so freely as to upset your digestion.

2. Are three light meals per day better for dilatation of the stomach than two large ones? *Ans.*—Large meals ought not to be taken in dilatation of the stomach; in fact, they ought never to be taken, as they tend to produce dilatation and other serious ailments. I believe you will do better on two meals per day than on three, provided the two meals are sufficiently substantial. If you feel yourself able to digest a light tea, it will be well for you to take something simple in the evening, as your tendency is to take too little food.

3. Can melitose be eaten as freely as bread without any injurious effects? *Ans.*—Melitose can be eaten about as freely as honey.

4. What objections are there to pure honey? *Ans.*—None whatever.

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## Our Temperance Number.

JUST one year ago to-day we issued the Smokers' Number of GOOD HEALTH. This issue must have fallen into the hands of upwards of 50,000 readers, for we printed 22,500 copies of the Smokers' Number.

And the Smokers' Number did an effective work for the cause of true temperance in all things. By letter, and through personal report, we have learned of scores of men who have succeeded in bringing into subjection the abnormal appetite which craves such a sickly, unpalatable poison as tobacco. Some, who were such abject slaves to the tobacco habit that they could not free themselves, we have had the privilege of helping out of bondage.

And, doubtless, many others of whom we have not heard, were set free through the influence of the Smokers' Number.

The wide circulation given to the Smokers' Number was made possible only through the active efforts of the friends of health and temperance reform who are regular readers of this journal. We believe that we can count on the same hearty co-operation in the circulation of the present issue of our journal—the Temperance Number. Surely the question of the use of alcoholic drinks is of as vital interest to temperance advocates as the question

of the rapidly increasing use of tobacco. Indeed, it is hard to say which of these two evils is the greater menace to the health and happiness of the human family. We believe, therefore, that we shall not be disappointed in looking forward to a wide and general distribution of this number.

In order to obtain a supply of the Temperance Number of the *GOOD HEALTH*, it will be necessary for our readers to notify the Publishers at once how many extra copies are desired. If the demand is large enough to warrant it, a second edition of the Temperance Number will be printed; but in order to make this possible, we must have some idea of the demand before the formes are off the press. All who desire additional copies should therefore order at once.

#### Important Notice.

THE home preparation of lactosa is comparatively simple and easy, and yet some have experienced difficulty in the use of the lactone tablets supplied by the sanitarium. The trouble is not, however, with the tablets. Used according to the following method, lactone tablets yield uniformly satisfactory results:—

Sterilize a quart of milk, cover with cheese cloth to exclude dust, and cool quickly in running water. Crumble one or two lactone tablets into a half cupful of this cooled sterilized milk, and set in a warm place for five or six hours. Then add this half cup of milk containing the lactone tablets to the remainder of the quart of milk, stirring well. Set in a warm place until thick, which should be within ten or twelve hours.

There are no failures when this method is faithfully followed. Only fresh sterilized milk should be employed in the preparation of lactosa.

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Gluten Puffs  
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Nut Meat  
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SANITARIUM HEALTH FOOD CAFE, 289 Collins Street, Melbourne, Victoria.

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SANITARIUM HEALTH FOOD DEPOT, Heathorn's Buildings, Liverpool Street, Hobart, Tasmania.

131 St. John's Street, Launceston, Tasmania.

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