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MAY 1, 1909.

♦ EDITED BY FRANKLIN RICHARDS, M.D. ♦

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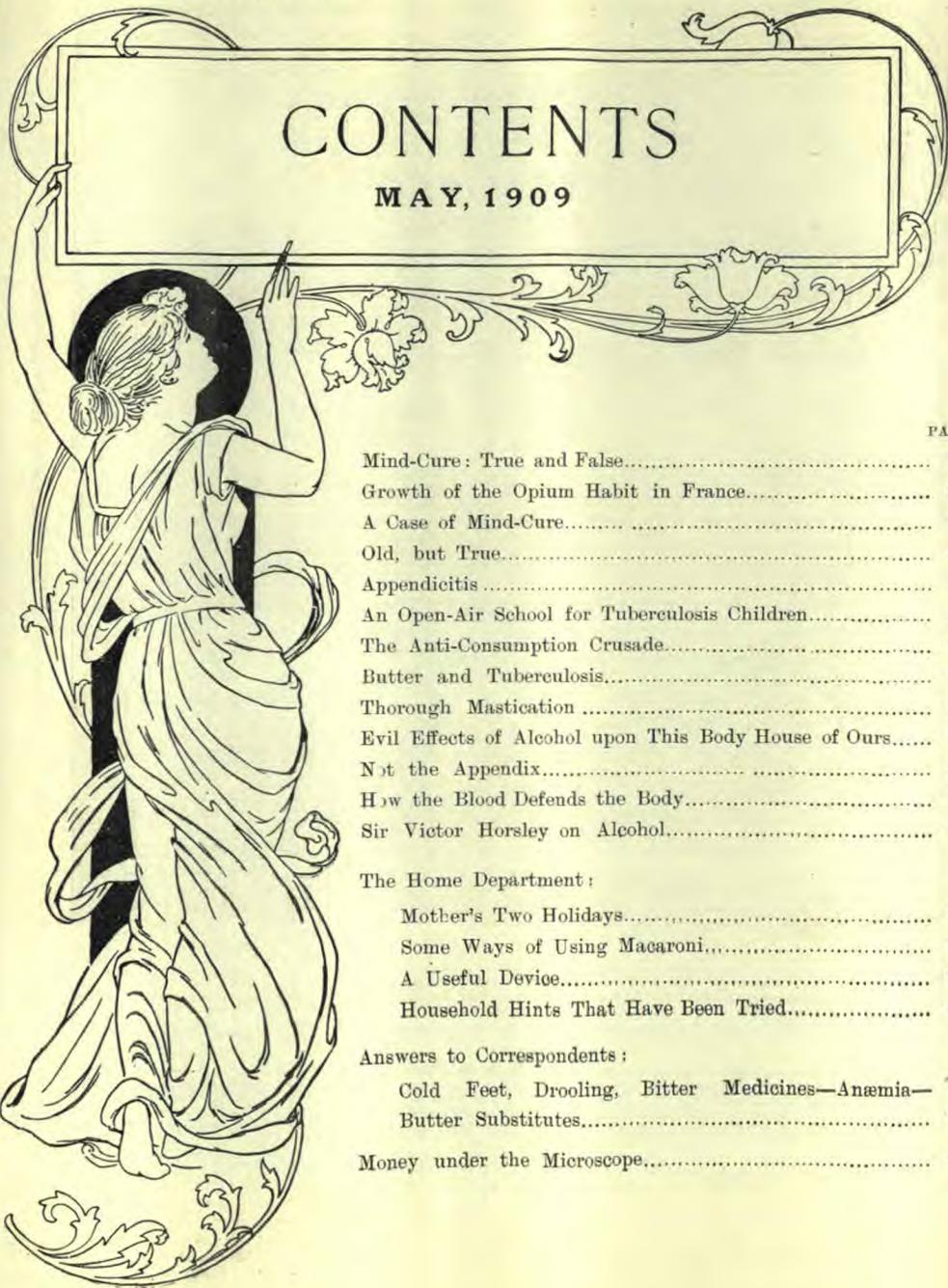
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Childhood is the bough where slumbered  
Birds and blossoms many numbered.

—H. W. Longfellow.

# GOOD HEALTH

## A Teacher of Hygiene

Vol. 12.

Cooranbong, N. S. W., May 1, 1909.

No. 5.

### Mind-Cure: True and False.

OUR readers have no doubt heard of the mind-cure craze which, under the name of "The Emmanuel Church Movement," has taken America by storm. So general is the interest in this movement that recently on one particular Sunday no less than thirty sermons were preached on it in New York City alone.

What does GOOD HEALTH think of the Emmanuel Church Movement? Is it based on true principles of healing? Is it likely to benefit the people who come under its influence? or to advance the interests of scientific medicine or Bible religion?

Before attempting to give an answer to these questions it is only fair that we should briefly state our attitude toward mind-cure. GOOD HEALTH believes in healthy mind-cure. Body and mind are in such intimate relation that anything which influences one affects the other. Hence the familiar examples of mental depression producing indigestion, and derangements of digestion resulting in despondent states of mind. Thus the mind acts upon the body and the body reacts upon the mind, and then is produced not only dyspepsia but many of the diseases which afflict mankind. On the other hand, a kindly, courageous, hopeful frame of mind promotes health and lengthens life. "A merry heart doeth good like a medicine." It is unfortunate that in the treatment of the sick this close connection between body and mind is so often overlooked.

#### THE REALM OF SUGGESTION.

Many who are invalids might be well if they only thought so. Their minds have brooded so long upon their aches and pains, that if these aches and pains were to be suddenly

removed they would still fancy that they felt them. In order to complete the cure in such a case it is only necessary for some one to suggest, "Your pains are gone!" and, *presto, they are gone!* So too with those poor dear souls who have never had a genuine ache or pain, but who imagine they have many. Let us suppose that such a person thinks he has heart disease or cancer of the stomach or some other terrible malady. He goes to the hypnotist, the Christian Scientist, or the Emmanuel "healer," who assures him "I can cure you absolutely." The "healer" further suggests, "Your heart is beating regularly now; it is gradually gaining in strength; you will be completely cured when you come to-morrow." For imaginary cancer of the stomach, the suggestions would run as follows: "The lump you feel is slowly disappearing. Just as the snow melts when the sun shines brightly, so I can feel the cancer melting away beneath my hand. There! it is gone! It will never trouble you again."

Thus will imaginary cures remove imaginary troubles.

#### IMAGINARY CURES FOR REAL DISEASES.

But suppose the cancer is a real one, or the heart has actually a leaking valve, what effect then has suggestion? None whatever. The mental healer may as well try to suggest a button off your coat as to attempt to eradicate a real disease by telling you it is gone. And therein lies one of the dangers of false mind-cure. Not having had a training in pathology and the diagnosis of disease, the pseudo-healer has no idea whatever what is wrong with his various applicants for health. Yet he treats them all by suggestion—by what the Emmanuel healer calls "religious suggestion"—he tells them all they are cured, or soon will be. In so doing he must

of necessity be a professional liar, for while one-fourth of his applicants may be relieved of the ghosts of disease that exist only in their minds, the other three-fourths will prove the healer's statements to be false by retaining their real troubles and continuing to grow worse in spite of his assurances of health.

#### SHOULD MIND CONTROL MIND?

Then, too, other questions are involved. Should a strong mind control a weaker? What is the effect eventually upon the weaker mind? What the effect upon the stronger?

To every human mind, however weak, the power of choice has been given. To instil thoughts into the mind during natural or hypnotic sleep when the power to discriminate lies dormant, is to rob the mind of individuality and make it a mere plaything to be tossed hither and thither by every wind that blows. Such a mind is as open to evil suggestions as to good. It affords excellent opportunities to those who live by taking advantage of the follies and weaknesses of others.

The only mind to which the human mind may with safety surrender itself, is the divine mind, the perfect mind of the Master. That Mind in its dealings with man, recognizes the principle of personal responsibility, and respects the right of every mind to choose the evil or the good.

"Those who surrender their lives to His guidance and to His service, will never be placed in a position for which He has not made provision. Whatever our situation, if we are doers of His Word, we have a Guide to direct our way; whatever our perplexity, we have a sure Counsellor; whatever our sorrow, bereavement, or loneliness, we have a sympathizing Friend."—*Ministry of Healing*.

#### THE POWER OF THE WILL.

"The power of the will is not valued as it should be. Let the will be kept awake and rightly directed, and it will impart energy to the whole being, and will be a wonderful aid in the maintenance of health. It is a power also in dealing with disease. Exercised in the right direction, it would control the imagination, and be a potent means of resisting and overcoming disease of both mind and body. By the exercise of the will-power in placing themselves in right relation to life, patients can do much to co-operate with the physician's efforts for their recovery. There are thousands who can recover health

if they will. The Lord does not want them to be sick. He desires them to be well and happy and they should make up their minds to be well. Often invalids can resist disease, simply by refusing to yield to ailments and settle down in a state of inactivity. Rising above their aches and pains, let them engage in useful employment suited to their strength. By such employment and the free use of air and sunlight, many an emaciated invalid might recover health and strength."—*Ibid*.

#### AN AMERICAN PHYSICIAN'S OPINION.

In an editorial article in the *American Good Health* Dr. J. H. Kellogg writes as follows:

My first impressions of the Emmanuel Church Movement was that it was essentially a religious movement. It commanded my entire sympathy and support. But later the fact came to light that it was hypnotism in a new dress, or in a new environment. Instead of the hospital, the church; instead of the physician's office, the pastor's study; instead of a physician, a preacher; instead of a man armed with a knowledge of all that modern science has developed of natural and physiological means of cure and prophylaxis through natural agents and natural habits, a hypnotist with the deceptive air of occultism, the mysterious pose, the bald deception, the false belief on the part of the patient, the voluntary surrender of a weak will to a stronger.

It is impossible to suppress the query: Is hypnotism under the name Emmanuel Church Movement essentially different from the hypnotism of Mesmer and Charcot? Does hypnotism in a church differ radically from hypnotism in a hospital? Is deception practised by a clergyman less sinful than deception by an ordinary mortal? Is a hypnotic séance begun with a hymn and a prayer and closed with the doxology less objectionable than a hypnotic séance of the common sort? Admitting that the medical profession have neglected the psychic side of therapeutics is it likely that any great good is to be accomplished by the clergy through the use of means which the medical profession have tested for half a century and found wanting?

Finally, is the cause of religion likely to be in any way benefited through the substitution by its ministers of the deceptions and falsehoods of hypnotism and psychologic juggling for the simple faith in the gospel? And has the hypnotist or the psychologist any better means of "suggestion" than that divinized old-fashioned method which through all the centuries has worked and is still working wonders, when it is not relegated to the rear as out of date and unscientific—simple prayer.

GROWTH OF THE OPIUM HABIT IN FRANCE.—The opium habit has been making rapid progress especially in the garrison ports, and in Paris. The minister of the interior recently issued a drastic decree regulating the sale of opium and its products.—*Life and Health*.

### A Case of Mind-Cure.

IN a paper on "Health as Related to Religion," Bishop Fallows tells the following story of the "treatment" of a man who fancied he had heart disease, when as a matter of fact he was merely despondent.

"The other day a big man came to my study, accompanied by his wife and daughter. He told me that he was afflicted with a fatal attack of heart disease, that he had already made arrangements for the disposal of his property, and that he had already made up his mind to die.

"I feel the symptoms of my approaching death," he said. "Is there anything you can do for me? I have given up faith in the doctors."

"His wife took me aside and told me that his delusion was based on the diagnosis of one physician, who had told him that he was suffering from a serious case of heart disease. Other doctors to whom he had gone all told him that he was in perfect health, but the fear had become fastened in his mind until the very depression had become a menace.

"I returned to him and said :

"Through God's grace I can absolutely cure you."

"He seemed to doubt this, failing to take courage from my assurance, and in his despondency stooped even lower in his chair.

"Sit up, my friend," I commanded, "hold up your head among men. Now take twenty good breaths. The air is the symbol of God's spirit, to fill your lungs full of it."

"The man straightened up and breathed deeply by the open window. Then I discoursed long with him on the power of suggestion over disease and of the influence of mind over matter.

"Now I have done all that I can do for you," I told him finally. "Now let God speak to you." I brought the Bible, and read with him as follows :

"For the Lord is a sun and shield : the Lord will give grace and glory : no good thing will He withhold from them that walk uprightly." Ps. 84 : 11.

"Bless the Lord, O my soul, and forget not all His benefits : who forgiveth all thine iniquities ; who healeth all thy diseases." Ps. 103 : 2, 3.

Bishop Fallows's parting injunction to the mental sufferer, whose notion of approaching death was by this time well nigh dispelled, was :

"Go seek the air and the sunshine. Breathe deeply, keep away from the shadows, and let your mind dwell on God."

Bishop Fallows's prescription may be summed up under three heads :

*Twenty deep breaths.*

*An erect position while standing or sitting.*

*A profusion of sunlight, and contemplation of the Scriptures.*

We do not know how long the "patient" stayed "cured."

### Old, but True.

THE following quotation from "Haven of Health," published by the physician Thomas Cogan in 1596, is as true to-day as when written :

"The second thing that is to be considered of meates is the quantitie, which ought of all men greatly to be regarded, for therein lyeth no small occasion of health or sickness, of life or death. For as want of meate consumeth the very substance of our flesh, so doth excesse and surfet extinguish and suffocate naturall heat wherein life consisteth. So use a measure in eating, that thou maist live long : and if thou wilt be in health, then hold thine hands.

"But the greatest occasion why men passe the measure in eating, is varietie of meates at one meale. Which fault is most common among us in England farre above all other nations. For such is our custome by reason of plentie (as I think) that they which be of abilitie, are served with sundry sortes of meate at one meale. Yea the more we would welcome our friends the more dishes we prepare. And when we are well satisfied with one dish or two, then come other more delicate and precureth us by that meanes, to eate more than nature doth require. Thus varietie bringeth us to excesse, and sometimes to surfet also. But Phisicke teacheth us to faede moderately upon one kinde of meate only at one meale, or at leastwise not upon many of contrarie natures. . . . This disease (I mean surfet), is verie common : for common is that saying and most true : That more die by surfet than by the sword. And as Georgius Pictorius saith, all surfet is ill, but of bread worse of all. And if nature be so strong in many, and they be not sicke upon a full gorge, yet they are drowsie and heavie, and more desirous to loyter than to labor, according to that old maeter, when the belly is full, the bones would be at rest. Yea the minde and wit is so oppressed and over-whelmed with excess that it lyeth as it were drowned for a time, and unable to use his force."

## Appendicitis.

BY R. S. INGERSOLL, M.D.

A LITTLE more than a score of years ago this disease was practically unrecognized. The disorder existed, but it was left to a later time to be studied and properly labelled, so that to-day when a man has pains in his abdomen they are not all monotonously denominated by a single term.

But there is more to the study of this affection than merely giving it a name. There is a practical importance in understanding its nature, so that we can to a certain extent guard against it.

The word "appendicitis" means an inflammation of the (vermiform) appendix, which is a blind pouch opening into the head of the larger bowel, called the *cæcum*. From the accompanying illustration showing the beginning of the large intestine and a short piece of the small intestine (Fig. 2), it will also be seen that the small intestine enters the large, not at the very end, but at about two and a half inches above, and this portion below is the *cæcum*. To this the troublesome appendix is attached as a small finger-like projection. From the head of the colon, situated in the lower part of the right side of the abdomen, the course of the bowel is up toward the liver, then across and down on the left side. These three parts are called the *ascending*, *transverse*, and *descending* portions of the colon (Fig. 1). From this it can be seen that when the contents of the small intestine are carried into the colon, there would be a tendency to accumulate matter in this pouch or *cæcum* were there no force to lift it up and carry it on.

This is a wise provision of the Creator, and is so arranged for a definite purpose. As the

food passes through the small intestines the process of digestion is being carried on, and is thus prepared for absorption. By the mechanism above described, the progress of the intestinal contents is slowed, and thus the more complete absorption of the nutritive material is facilitated.

If all goes well the intestinal contents are passed on without producing any trouble.

But if from any cause they remain in this absorption chamber too long, the watery portion is absorbed. The dry material remaining is handled by the bowel with difficulty, and finally it acts as a foreign body, and irritates the delicate lining membrane. Thus is begun a mild inflammation, which readily extends to the appendix.

When in a healthy condition, the appendix can expel its contents by muscular contractions; but when its vitality is lowered by repeated irritation or inflammation, it is not able to do so. When force along even normal intestinal contents is added the embarrassment of dealing with

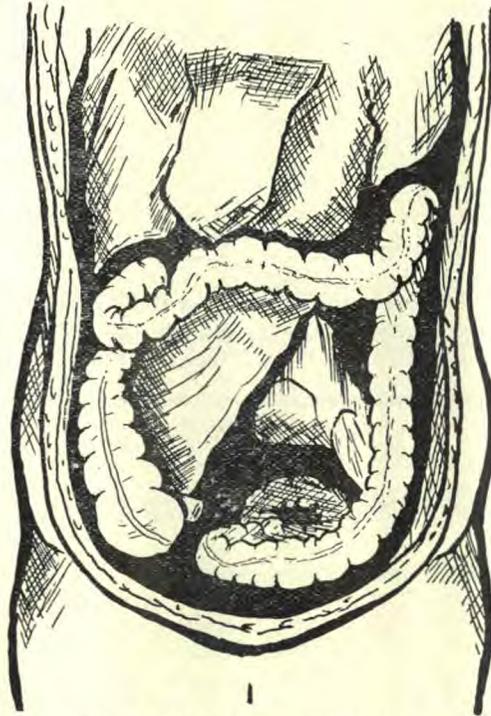


FIG. 1. DIAGRAM OF THE COLON.

hard, dry, and irritating substances, gives up the task, and the particles remain within its *lumen*, soon causing ulceration of the surface against which they lie. The way is now open for the entrance of germs (which inhabit the intestine, but under ordinary conditions do no harm). Now they set up active inflammation, and produce poisons which are absorbed into the circulation, causing fever. The sufferer has severe pain with vomiting, and we say he has appendicitis.

Fortunately, in the majority of cases, by the combined action of the muscles of the bowels, stomach, and even abdomen, the irritating material is removed, the ulcer heals, and the attack is over.

But this is not always the end of the trouble. When tissues of the body have been damaged by ulceration, the repair material is quite different from the normal. It contracts more or less, and produces deformity just as it does after a burn on the surface of the body. So if the ulcer in the appendix has been close to the bowel, after healing there is a contraction of its lumen; and if material accumulates even in small amounts, it is very difficult for it to be forced out. Repeated irritation, lowered resistance, new offending material in position, cause other attacks, probably more serious than

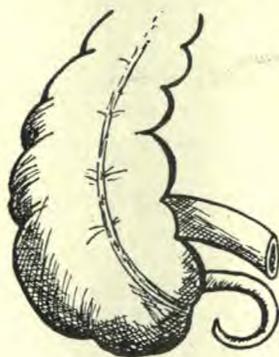


FIG. 2. THE APPENDIX.

the first. It may go on even to the formation of an abscess, and then the pus must be removed. This sometimes occurs by rupturing into the bowel, but often surgical interference is necessary.

#### HOW CAN WE GUARD AGAINST APPENDICITIS?

From the foregoing it is obvious that we must

1. Avoid irritation of the sensitive mucous membrane by irritating foods.
2. Keep the bowels active.
3. Use every means possible to keep up the general tone of the entire digestive system.

Under the first heading we should avoid condiments, indigestible food of all kinds, and especially anything cooked in grease. Rich pastries cause torpidity of the bowel.

On the other hand, the bowels may be kept active by the use of wholemeal bread and biscuits, thoroughly cooked porridge or prepared cereal foods, as granose, which, after the digestible portion is absorbed, leave a residue acting as a healthy stimulus to the muscular action of the intestine. Plenty of fruit also may be used, but acid fruits should not be

taken with coarse vegetables as the combination may cause acidity of the stomach.

If the above precautions do not secure regular daily action of the bowels, one might make one meal of the day entirely of fruit—apples, pears, etc. Either a morning or evening meal may be of this nature, preferably the latter. A glass of cold water taken early in the morning before breakfast is also helpful.

As to means of a general nature, regular, systematic exercise is of great value to those who lead a sedentary life. Various exercises help to strengthen the abdominal muscles, affecting those of the intestinal wall also. Again, all exercise should be taken as far as possible in the open air. If this is impracticable, let the windows and doors be opened wide, so as to get the benefit of the outside air.

#### SOME SUGGESTIONS AS TO TREATMENT.

Severe pains in the abdomen, associated with vomiting and fever, always suggest conditions which should influence the sufferer to call a competent physician without delay, as in these cases early attention often means the saving of life.

For the relief of the pain, there is nothing of a simple nature better than the use of hot fomentations frequently applied over the painful part. These may be used with perfect safety at any time during the illness. They are applied by taking a flannel cloth, folding it to the desired shape, wringing it out of boiling water, and spreading it over two thicknesses of dry flannel upon the abdomen of the patient, a little more to the right side than to the left. It should be covered with a dry flannel, and allowed to remain three or four minutes, when it should be re-heated and again applied. Repeat three times. When the flannels are removed, the skin should be cooled for a moment by rubbing lightly with the hand or a cloth which has been dipped in cold water. Then dry thoroughly with a coarse towel.

By means of rest, liquid diet, and the use of the enema, and by vigorous fomentations in the early stages of the disease, the necessity for an operation may be avoided.

AN OPEN-AIR SCHOOL FOR TUBERCULOUS CHILDREN.—A school for tuberculous children has been opened in a ferry-boat moored in the East River, near Bellevue Hospital, New York City.

### The Anti-Consumption Crusade.

THE greatest war the world is called upon to wage, is the war with disease; and one of the deadliest, most to be dreaded diseases is consumption in its many forms. GOOD HEALTH is glad to see soldiers enlisting in all parts of the world to engage in what may be truly called a "holy war" against the great white plague.

Shortly after the Anti-Tuberculosis Congress held in Washington, the American capital, an exhibition lasting six weeks was held in the Museum of Natural History, New York City. This exhibit showed in detail how consumption and other forms of tuberculosis are transmitted from animals to man and from person to person, also the methods employed in the prevention and extermination of the dread disease. Thousands of people of all classes attended daily to listen, look, and learn. Hundreds of placards emphasizing the importance of right living, and pointing out the dangers of wrong living, were hung about the pavilion. A few of these read as follows:

To nail your bedroom window shut is to drive a nail into your coffin.

Tuberculosis can be cured by cleanliness of mind, of body, of morals; by fresh air, sunlight, moderate exercise, and simple foods.

Every two minutes and thirty-six seconds somebody dies of tuberculosis in the United States.

Models of tenement houses, some dirty and dark, others clean and light, were shown; also sanitary and unsanitary mining camps, military quarters, country and city homes. The process of pasteurizing milk was demonstrated. Circulars were distributed throughout the

city, and lectures were given in the public schools.

The need of an anti-tuberculosis campaign in New York is emphasized by the fact that this one city alone contains 40,000 victims of tuberculosis. And New York's need is not greater than that of every other great city.

Great Britain has entered with a will into this war with disease. She has a "National Association for the Prevention of Consumption and other Forms of Tuberculosis." Every city of importance has its branch of this association. The Glasgow and District Branch of the National Association for the Prevention of Consumption and other Forms of Tuberculosis is circulating thousands of leaflets which are so pertinent that we feel justified in giving our readers the benefit of their contents, as follows:

Ventilation by means of fresh air is most important for the preservation of health. This applies to children as much as to adults.

Want of proper ventilation predisposes to various forms of disease, especially to *consumption* and other forms of tuberculosis, by bringing about a low state of health.

In order to prevent the development and spread of *consumption*, fresh air and proper ventilation are essential in factories, workshops, and offices, particularly when the work carried on is associated with gaseous fumes or fine dust. The better the ventilation, the greater the worker's power.

The *breath* from the lungs contains foul organic matter which is highly poisonous.

The air containing this foul organic matter must be quickly removed from living and sleeping rooms and also from workrooms, schools, churches, places of entertainment, public vehicles, etc.

If not removed by efficient ventilation, the foul air is breathed again and again, and so poisons the blood.

This is a common cause of headache, nausea, loss of appetite, lassitude, anemia, poorness of blood, and all chronic ill-health, predisposing to consumption.

*Over-crowding* is dangerous and injurious to health wherever it occurs, and should therefore be avoided.

When a room, on entering it directly from the open air, smells close and stuffy, the foul air it contains is not fit to breathe, and more fresh air is required.

Windows should be made to open to the external air, and should be kept open day and night, unless this is forbidden by a medical adviser.

A free supply of fresh air is secured by widely opening the window at the top, or by opening the bottom sash about four inches, and inserting between the window-frame and the sill a piece of wood the whole width of the window, so that the air enters, in the former case, at the top of the room, in the latter case, between the sashes at the middle of the window and in an upward direction.

Open spaces around buildings are necessary to allow access of fresh air.

Back-to-back houses and cellar tenements are unfit for human habitation.

Fresh air and sunlight kill disease-germs. Every

room in which there has been a case of infectious disease must be especially well ventilated.

Every room, especially if used for sleeping in, should have an open fireplace.

Never block up the fireplace or the chimney. If there be a register, never close it.

Rooms—especially bedrooms—staircases, and passages should frequently be flooded with *fresh air* by opening all the windows and doors. This is particularly necessary after crowded gatherings in churches, schoolrooms, hotels, theatres, public halls, etc.

*The air of a room can never be pure if the room be dirty.*

### Butter and Tuberculosis.

EULALIA S. RICHARDS, M.D.

MUCH is said to-day of the danger of contracting tuberculosis from unsterilized milk and cream. That this danger is not merely a theoretical one has been proven beyond doubt by many scientific investigations. But what about the use of unsterilized butter? Is not this also dangerous? Yes, certainly it is, although very little is said about it in the public press. In fact for a long time the free use of butter has been considered one of the essential dietetic requirements in the feeding of tubercular patients and those who are predisposed to the disease.

While it is true that such persons should partake freely of wholesome fats, unsterilized butter cannot longer be considered a safe article of diet. Experiments have recently been made which lead us to believe that butter is often a vehicle of disease.

A Swiss professor recently examined twenty samples of unsterilized dairy butter bought in as many different markets. With but two exceptions all of the samples contained tubercle bacilli, which, when inoculated into guinea-pigs, caused the development of tuberculosis in these animals. Dr. Fervo of Turin has made similar experiments with Italian butters, with the result that eighty per cent of the samples were found to contain the germs of tuberculosis.

As tuberculosis is extremely prevalent among the cattle of England and Australia, there is no reason to believe that we can more safely use unsterilized butter than can the people of Italy or Switzerland.

While it is dangerous for any one to eat unsterilized butter, it is particularly so for young children, as they are more susceptible than adults to infection through the mouth and alimentary canal. Tuberculosis of the bowels, as well as scrofula or tuberculosis of the lymph glands (especially of the neck), also

other forms of the disease, may result from the use of unsterilized butter.

We must conclude then that only sterilized butter should appear upon our tables. By *sterilized butter* we mean either butter which is made from sterilized cream, or butter which is sterilized after it is made. It is of course preferable that the butter be made from cream which has been thoroughly sterilized after the method of Pasteur (maintained at a temperature of 155 degrees Fahrenheit for a half-hour). But if, as is often the case, it is impossible to obtain butter which is made from sterilized cream, such butter as is obtainable may be sterilized in the following way:

Place the butter in a clean saucepan, and bring it to boiling point. Allow it to boil until free from air (at least five minutes). Add a small quantity of cold water to make good that which is lost in boiling, and then cool the butter as rapidly as possible, beating it from time to time with a fork. It is well to stand the saucepan in running water so as to cool its contents more quickly. As soon as the butter begins to get slightly thickened, beat it constantly until it resumes its original consistency. If the butter is not beaten during cooling, it becomes somewhat granular. Butter which has been thus treated is but slightly altered in appearance, and is scarcely altered at all in its flavor, while it is rendered a safe article of diet, so far as disease-germs are concerned.

### Thorough Mastication.

RIGHT living is not a science, and never will be. It is a living thing. Each individual must lay out for himself his own science of right living.

But you can put this matter of mastication to the proof. Begin at your next meal. Take from forty minutes to an hour. Chew every single mouthful until it is reduced to a pulp and then to liquid, rejecting from your mouth all substances that remain insoluble.

Try this for a week, a day even, and you will note the difference. It does not matter whether you understand the philosophy or not. Try it. If you cannot devote this time to your meal, do not eat at all. Rather take a breathing-exercise or a brisk walk in the fresh air, and go ahead with your work until you have the time and the leisure, the peace of mind and the quiet, to eat your meal slowly, deliberately, and thoughtfully.

You will be none the worse for missing a

meal or even two for that matter, and you will get so much more good out of the meal that you do eat in the proper frame of mind and under proper conditions, that you will be more than satisfied.—*The Open Road.*

### Evil Effects of Alcohol upon This Body House of Ours.

WE will take it for granted that all have read the article in the March GOOD HEALTH, "One Way of Teaching Physiology to Our Children," so that the names given to the different organs of the body will be understood, as we continue the story showing what alcohol will do to our body house.

Alcohol is a chemical compound, resulting from fermentation or decay of vegetable or animal substances containing starch or sugar. It is never found in nature, only as it results from fermentation or decay.

In its pure state it will burn, and for this reason it is used for various purposes. The characteristic of alcohol to burn, may be illustrated by placing some of the liquid in a teacup and setting fire to it. Also its effect upon food and the tissues of the body, is seen by pouring alcohol upon an egg, broken into a glass, and beating the two together; the egg in a short time will become hardened as though cooked. Every form of life is destroyed when brought in contact with this deadly poison. If the roots of little plants are immersed in a very weak solution of alcohol, they sicken and die. Let mothers show their children that this is so, by taking a plant and dipping its roots into a weak solution of alcohol, and then letting the children watch the result. This illustration will help to make a deep impression, and guard them against the use of alcohol, which is contained more or less in such drinks as wine, beer, hard cider, gin, whisky, rum, brandy, etc.

We will suppose that the master of the body house decides that he will have some of these drinks mentioned above, brought to his house. In spite of warnings and advice given, not to have anything to do with this enemy, he allows it to be brought by one of the carriers (hands) to the front doors, which must open if the master says so. The workmen clothed in white do not suffer much at first, but the big servant Mr. Tongue feels rather uncomfortable, and gets rid of the intruder just as soon as possible. Naturally Mr. Tongue is very sensitive, and it does not take much to hurt him, but this enemy

(alcohol) when allowed in the house, burns Mr. Tongue so that he loses his sense of recognizing delicate flavors, and can be stirred up only when something hotter than usual is taken into this front room.

These drinks having a burning nature, cause the servants who make the saliva, to pour a great deal of this fluid into the front room to put out as it were the fire. If the habit of drinking these fiery poisons is continued, the little salivary workmen become worn-out from overwork, and are unable to do much work, which causes trouble in the kitchen and other rooms. It might be well to state here, that condiments, such as pepper, mustard, etc., also overwork these salivary servants, by causing them to make more saliva than is naturally required.

As the fiery drug is carried to the kitchen (stomach), all the little workmen along the narrow passage (gullet) suffer by contact with it, but all do their utmost to get it out of the way as soon as possible. As it enters the kitchen, there is a hurrying among the servants to get rid of this intruder. The little mouths which cover the walls of the kitchen, whose business it is to suck up the liquids that come into it, take this alcohol also and pass it on to the little workmen dressed in red and white (blood corpuscles), which live in the little narrow pathways (blood-vessels) which run in all directions through the house. The effect of this drink upon these red and white workmen is very destructive. Some change their red dresses, and give up their work (that of carrying oxygen to all parts of the house), and many of them are cut to pieces and killed, and in time the pathways become clogged with their dead bodies. The poor little workmen that are left in these pathways do all they can to remove these dead bodies, but as they come to narrower passages that will not admit these loads to pass through, the debris is lodged at these places, thus obstructing the way of these life-giving servants. As this debris is left in these passages it becomes a source of much trouble, and sometimes painful boils and abscesses are formed, which is the way these workmen take to get rid of the impurities, making as it were an opening through the wall of the house to the outside.

Although much damage is done, and many of the red workmen have sacrificed their lives, and the white servants are partially paralyzed so that their work of repairing cannot be carried on perfectly, yet this poison is hurried on

to Mr. Bile's room (liver). Here active work is at once begun to remove as much of the poison as possible, and thus save the other servants from so much suffering. These servants are very self-sacrificing, and bear many burdens which may mean the sacrifice of their lives. They are so overworked that many harmful things accumulate in their room. It then becomes so crowded that their task is greater than their strength, and nearly all give up, and the master hears many complaints from that quarter. He suffers much inconvenience from these sick servants, and is greatly relieved when he sees signs of their cleaning out their room.

After these liver servants have done their best to rid the house of the fiery drug, there still remains some, which is hurried on to the great pump room (heart), which is divided into four chambers. Here the servants are greatly flurried, for they recognize an intruder that must be gotten rid of as soon as possible. This causes the pump to make unusual efforts to send the train of workers on their work of repairing.

These servants in this pump room have no rest day nor night, so if extra loads are put upon them, in time they also wear out and fail, which means disaster to the whole house. The poison is next carried from this pump room to the purifying chamber (lungs) where the volatile poison goes out in vapor. Any one living near this house is able to detect that the master is a drinking man, by the fumes that not only come from the front door, but also through the covering of the house (skin).

Although the drink does not stay in the kitchen as long as the food, yet its effects are soon felt by all.

The servants making the gastric juice, after a time feel weakened, and make their little sacks containing the juice smaller and smaller as their strength diminishes. Mr. Digestion is quite upset over this condition, and complains and finds fault until he loses all his courage and gives up, and sends word to the master that his workmen are on a strike, that no change for the better will take place until he gives them the right material with which to work.

This house of ours is provided with a wonderful telegraph system, more wonderful than any system that man ever invented. The centre of this system is in the cupalo (head) where the master of the house resides. He controls the

wires (nerves) that go to every part of the house. When every wire is in a good condition, messages are sent to all parts instantaneously, warning against dangers of every form.

The welfare of this house depends upon the condition of this telegraph system, whether every wire is rightly connected with the great centre.

One of the great injuries done to this house by the use of alcohol, is its destructive effect upon this telegraphic system. The master and all his assistants become partly insensible, and thus many messages that would save from disaster are either not sent or much abbreviated. It can thus be seen that as all the servants are controlled by the telegraphic messages sent, and as on account of the use of alcohol many messages are never sent that should be, the carriers (feet) lose their power to walk, and often bring the master into disgrace, by causing him to reel back and forth, and sometimes fall into the ditch. If this poison is used continually, the master loses all self-control, his servants refuse to work, and it does not take long for all to see that his house is breaking down, and that the little enemies (disease germs) running about to get a home, here find plenty of nice breeding-places in this tumble-down house, where impurities and filth are heaped up before some of the doors and in the corners.

Mothers, teach your children to "touch not, taste not, handle not," then the evils which result from the use of alcohol will not come to them.

MRS. E. H. GATES.

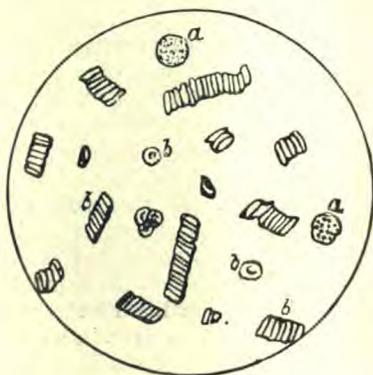
### Not the Appendix.

THE friend of a well-known United States senator was stricken ill suddenly the other day, and rushed off to a hospital. The case was hurriedly diagnosed as acute appendicitis, and the senator was notified that an operation would in all probability be performed at once. The senator immediately prepared to send a note of condolence and encouragement to the patient, when a second message arrived informing him that the original diagnosis was incorrect and that the case was merely one of acute indigestion. The senator changed his mind about the letter of condolence and instead sent the following:

"I rejoice that the trouble resulted from the table of contents and not the appendix."—*National Food Magazine.*

### How the Blood Defends the Body.

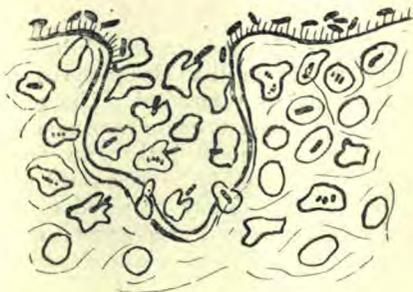
THE blood contains an enormous number of corpuscles or cells of two different kinds, both invisible to the naked eye, but larger than bacteria. These are the red, to which blood owes its color, and which are mainly oxygen-carriers to the tissues, and the white, somewhat larger, a chief function of which has only lately been determined. These white corpuscles resemble the lower forms of animal life known as the amœba, single cells which, when they come into contact with a morsel of nutritive matter,



MAGNIFIED BLOOD-CELLS.  
(a) White Cells; (b) Red Cells.

mould themselves around it, and cause it to pass through their external envelope into their interior, where it is consumed.

Metchnikoff, by whom this action of the white corpuscles was discovered, called them



WHITE BLOOD-CELLS DESTROYING DISEASE GERMS.

phagocytes, or eating cells, on account of it; and it is now known, not only that invading bacteria of a noxious character are frequently thus consumed, but also that an invasion, in normal conditions of the system, induces a

rush of phagocytes to the invaded region, so that, if the force thus furnished be sufficient for the purpose, the invaders may be destroyed before they have had time to produce the specific effects which would arise from their continued presence and their multiplication. A period, known as that of incubation, is commonly interposed between the invasion of infective bacteria and the appearance of the disease which they set up.

During this period the invading bacteria are multiplying and struggling for mastery with the invaded organism.

The struggle may go on without any outward signs at all, or it may be accompanied by slight disturbances of health. If the phagocytes conquer, the disease never breaks out. It is practically certain that many temporary indispositions and fleeting local pains are the expressions of such conflicts, in which the defeat of the bacteria prevents the occurrence of grave illness, for it is certain that noxious bacteria enter the body far more frequently than the number of illnesses would lead us to suppose. If the first attempts at defence on the part of the body are futile, and the bacteria are able to multiply, then the disease breaks out, and severe symptoms show that the struggle between host and parasite has become intense. Of these symptoms, it is not always possible to say which are signs of continuing conflict and which of impending or accomplished defeat.—*London Times*.

### Sir Victor Horsley on Alcohol.

THE deadly effects of alcohol on the national life were pointed out by Sir Victor Horsley in a recent address. He insisted that people who take alcohol in small quantities because it gives them pleasure, should revise their ideas and their pleasures, and understand that there is nothing in life that can rightly be called a pleasure unless it conduces to the physical or moral benefit of the individuals of our race. That could not be said of alcohol. Sick-club statistics show that moderate drinkers are more liable to the minor ailments, while the morality among publicans is very high. Sir Victor contended that the unwholesome atmosphere of the public-house bar was one of the most powerful means by which tuberculosis is disseminated throughout the nation.

On the economic side of the question, England spends £40,000,000 on corn, the substan-

tial food on which the work of the nation is done, but it spends £160,000,000 on alcohol. Yet while throwing money away in that fashion, men turn round and complain of commercial depression like the present. No national life can exist, said Sir Victor Horsley, without a keen active, moral sense, and we have no right

to be taking even small quantities of a drug which can in any way impair the moral sense. The speaker also mentioned that in the great hospitals of London the expenditure on alcohol in 1862 was nearly £8,000 a year, but is now under £3,000 a year, while the expenditure on milk has arisen from £3,000 to over £8,000.

## The Home Department.

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

### Mother's Two Holidays.

BY MRS. A. W. SEMMENS.

It was decided that mother should have a holiday. She had been working too hard, as mothers do, until tired nature called loudly for a halt.

Where should she go? who should go with her? and who should manage the home in her absence?

A kind friend urged her to go by herself, and enjoy a real rest while she cared for the little ones and the home. But persuasion was in vain. Mother was sure she could not have a happy holiday unless some of the children were with her; and at last father, much against his will, consented to have the children go.

They would go to the country where there would be nothing to mar the quietness; right away out to the backblocks, where letters come only twice a week, and where visitors seldom come. "It would be such a rest," said mother; but her friends did not feel so sure of it. A letter was sent to a friend who had a large orchard, a cow, and a pony which would delight the older children. A favorable answer having been received, and all the necessary preparations for the holiday having been made, mother and the children started off, a friend being left in charge of the home.

Mother leaned back in the carriage of the train, so tired after all the hurry and bustle that she could hardly speak. The children, delighted with the prospect of a day's ride in the train, did not give her much trouble; and as darkness settled on them, all went to sleep

and slept till morning, when they were near their destination.

They were all delighted with their choice of locality. They were right in the bush, surrounded by trees, bubbling streams, ferns, and birds of many hues. Then there was such a bountiful supply of country fare—milk, cream, eggs, and luscious fruits, some of which were ripe and some just turning color, giving promise of an abundance during their entire stay there. Mother lay down that night weary, but so glad that they had been led to this place where they could be so happy away from the city's noise and care.

The next morning all were up bright and early, and as the children had been told they could help themselves to the fruit, they were not long in doing so. Baby (who was only twelve months old, and had not been allowed to eat whole fruit before) was given the ripest and best of the raspberries, gooseberries, cherries, and other summer fruits. How they did enjoy it all, and especially seeing baby's delight!

Mother had not had the entire care of baby before, and that day towards night she felt very tired. At home she could have sent the little ones out for a walk in charge of some one, but here it was different—she had them all to herself. Thoroughly worn-out she went to bed to find when she awoke that baby had slipped out of her improvised cot. In a dazed condition she hurriedly left her bed to seek the baby.

The other children, who had crept out of bed in the early morning, helped to seek the little tot, and found her helping herself to green unripe fruit. From that time on, the mother's

troubles began. Never could she cease her vigilant watch over that child. She had tasted fruit, and fruit she wanted. One day when necessary washing of clothes had to be attended to, baby was off and had a good time among the fruit, ripe and unripe. The result was that she was taken ill, so ill that the anxious mother thought she would die. There was no doctor within many miles, but with care mother pulled her round, only to keep a more strict watch over her than before.

How country life paled to that mother! The elder children were reckless with the pony, keeping near its heels when not on its back. One day she discovered one of the children playing with the tip of a snake's tail, and then saw it wriggle out across their pathway. From that day on, the mother felt it her duty to keep the children constantly within her sight.

What a holiday that turned out to be! At last they went home, and mother gave a great sigh of relief as she left it all behind. On arriving home she collapsed, and had to stay in bed for two weeks.

Father had the planning of the next holiday. Mother had kind relations who would each take a child and give him the best of care, and the baby was to be left at home with a good reliable housekeeper. Father would go with mother to care for her, as she was not to be allowed to care for herself. It was a second honeymoon, and reminded them of the time before the babies came with all their wealth of love, but with so many cares and perplexities. As each day went by, mother seemed to grow younger, and new life came into her tired body. She was very happy, though moments of longing for her little ones came. Nothing which father could do for her happiness was left undone. There were little outings, and quiet times for reading and rest. Mother enjoyed these heartily, for it would have been ungrateful not to have made the most of such a holiday.

When at last the time came for the home-going what a welcome awaited her! The children were all gathered home to share in the rejoicing. Mother looked like a new woman, fresh and dainty in pretty clothes that never could have been worn with comfort if the dear children had been with her. The result of this holiday was that mother was able to take up her duties again with fresh strength and courage, and a new inspiration came to every member of her family. Mother never regretted that she had

left the children at home while enjoying a holiday alone with father.

Mothers, if you need rest, leave your children in good hands and go away and enjoy true rest. This is in the best interests of your loved ones at home.

### Some Ways of Using Macaroni.

MACARONI does not enjoy the popularity which it deserves. If properly prepared it is both nourishing and palatable. It may be the chief constituent of a score or more of appetizing and wholesome dishes.

As often prepared, macaroni is tough, leathery, and tasteless. This result is due either to the article being of poor quality, or to its being improperly cooked. In buying macaroni it is best to select the choicest Italian product, as it is impossible to make a good dish out of poor macaroni.

Break the macaroni into inch lengths and drop it into boiling water which has been slightly salted. An onion may be boiled with the macaroni if desired. Cover the saucepan, and keep the water actively boiling. Stir the macaroni from time to time to prevent its sticking to the saucepan. Should it be necessary to add more water during the process of cooking, it must be boiling, as the addition of cold water would toughen the macaroni. Let the cooking continue for an hour or more, or until the macaroni is so tender that it begins to break up. A mistake commonly made is to cook macaroni insufficiently. When tender, drain off the water and save it for soup stock. Some recommend dipping the cooked macaroni in cold water to prevent the tubes sticking together. But this is not necessary. The macaroni is now ready to receive the finishing touches. It may be used in any one of the following ways:

#### MACARONI WITH MILK SAUCE.

Pour over the macaroni while hot, some milk sauce, which is made in the ordinary way. It may be served at once, or it may be placed in the oven for a half-hour or longer before serving.

#### MACARONI WITH EGG SAUCE.

Prepare a milk sauce, and add to this two or three hard-boiled eggs chopped fine. Pour this over the macaroni and serve hot. If preferred, the hard-boiled eggs may be cut in slices and used to garnish the dish of macaroni.

## MACARONI WITH TOMATO.

Strain some stewed tomatoes and thicken the juice with cornflour. A dessertspoonful of nut butter, rubbed smooth in a little cold water, may also be added to the tomato sauce. Season with onion juice if desired. Pour this over the boiled macaroni, and bake for a half-hour before serving.

## MACARONI RISsoles.

Mix some plain macaroni with a little minced protose or nut cheese. Season with onion or parsley. Form into rissoles. Dip in egg and zwieback crumbs and bake in an oiled tin until nicely browned.

## MACARONI AND NUT CHEESE.

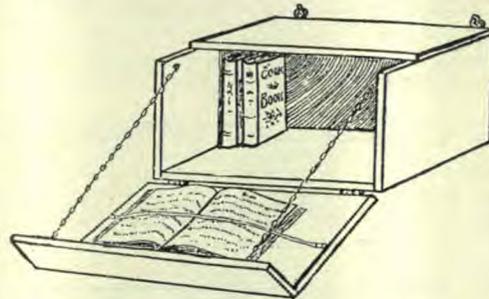
Put a layer of macaroni into a pie-dish, and sprinkle with finely chopped nut cheese. Add a second and third layer, sprinkling each with nut cheese. Pour over the whole one cup and a half of milk to which has been added one beaten egg. Bake in a moderate oven.

## MACARONI PUDDING.

A wholesome pudding may be made by pouring a custard mixture over cooked macaroni, and baking until the custard is set. Raisins or currants may be added to this pudding if desired.

## A Useful Device.

THE accompanying illustration is taken by kind permission from *Good House-keeping*, and suggests a convenient means of keeping a cookery book or other volume before the eye of the housewife during her kitchen labors. The book-box illustrated is to be fastened to the



wall over the kitchen table at such a height that when the front cover falls into place it makes a shelf on a level with the eyes. A special feature of this shelf is a band of elastic tape under which an open book can be slipped. By this contrivance the books are always out of the way and free from dust when not in use; and even when in service they are not lying on the kitchen table to become soiled in handling.

## Helps to Good Health.

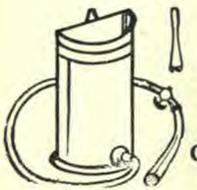


The "Watershed"  
Oilskin.

We carry many specialties that are decided helps to good health. Here are a few of them. Full details are given in our catalogue which also illustrates and describes many other useful lines.

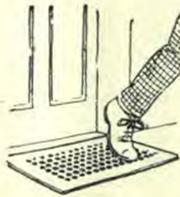


Bath Cabinet.



Enemas and Douches.

Write  
for our  
Winter  
Catalogue.



Rubber Mats.

## Household Hints That Have Been Tried.

BY MRS. ELSIE SHANNON.

**HOW TO REMOVE PAINT FROM CLOTHING.**—Equal parts of turpentine and ammonia will remove paint from clothing, even if it be hard and dry. Saturate the spot with the solution several times if necessary, until the paint is dissolved, then wash out in soapsuds and rinse in clear water.

**TO REMOVE CANDLE GREASE FROM CLOTHING.**—Scrape off the hardened grease with a blunt knife, lay a piece of blotting paper over the remaining spot, and rub a hot iron over lightly, moving the paper until all the grease is taken up.

**Perdriau Rubber Co., Ltd.,**

"The Best House for All Rubber Goods."

270 George Street, Sydney.

**CANE CHAIRS WITH "SAGGY" SEATS.**—When the seats in cane chairs become "saggy," their elasticity can be restored by turning the chair up and washing the under side with very hot water and some common salt, so that it is thoroughly soaked. Dry in the sun, and it will be as new. If the cane is dirty, it may be washed first on the top side with a good-soap suds.

**VERDIGRIS.**—To remove this, dip half a lemon in common salt and rub well; rinse with clear warm water, and if not to be used at once, rub dry and polish with a dry cloth. A lemon from which part of the juice has been squeezed, does just as well as one freshly cut.

**BRIGHT GLASSWARE.**—If glasses used for milk are rinsed thoroughly in cold water before putting them into hot water for washing, they

will be much clearer; the hot water drives the milk into the glass.

**INK STAINS.**—To remove ink stains from table linen saturate the part well with lemon, and then rub common salt into it, and expose to the sun. If the spot has not entirely disappeared when dry, repeat the process. Iron rust can be removed by the same method. To remove ink and other stains from the hands, rub them with a raw potato, and then wash them with soap and water. Ripe tomatoes will do the same.

**FRUIT STAINS ON TABLE LINEN.**—The simplest way to remove these is to lay the part over a bowl, and pour boiling water (in which a little borax has been dissolved) through until the stain disappears. If this is done before the stain becomes dry, it is very easily removed.

## 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 expected to reply by post.

**202. COLD FEET, DROOLING, BITTER MEDICINES.**—G. J. Parkhurst: 1. What kind of underclothing is best for one whose feet are very sensitive to cold? *Ans.*—Cellular linen or cotton combinations over which woollen combinations are worn in cold weather. Use the alternate hot and cold foot- or leg-bath once or twice daily. Wear warm woollen socks, and change them once or twice during the day to ensure absolute dryness of footwear.

2. Why is it some people have large quantities of saliva collecting in their mouths between meals? and is it injurious to swallow it? *Ans.*—Acidity of the stomach is probably the most common cause of an excessive flow of saliva. The taking of medicines such as calomel or any other form of mercury also produces this symptom.

3. What wholesome thing can you recommend to cover the unpleasant taste of bitter medicines? *Ans.*—Bitter medicines do not often require to be taken. When they do, the physician who prescribes them will disguise their taste if he thinks it advisable to do so. Bitter medicines are sometimes purposely given undisguised.

**203. ANÆMIA.**—N. L.: What remedy do you advise for a woman aged twenty-three who has every symp-

tom of anæmia? I have not yet consulted a medical man, but I am getting a little worse each week. *Ans.* I should advise such a woman to go at once to a physician in order to ascertain the cause of the anæmia, its degree, and the prospect of a cure being effected. She should then follow out her physician's instructions by living an outdoor life in the country, taking plenty of simple, nourishing food, such as milk, cream, eggs, cereals, fresh fruits, and vegetables; and in the way of treatment, tonic sun-, air- and water-baths. She should dress sensibly in order to give her vital organs free play.

**204. BUTTER SUBSTITUTES.**—Vegetarian: What would be the best substitute for butter to be eaten permanently with bread as butter is usually eaten? And would you recommend a person to stop eating butter? *Ans.*—GOOD HEALTH cannot recommend the use of ordinary, unsterilized butter. It is likely to convey the germs of disease, particularly the *tubercle bacillus*, into the body. Indeed, the use as food of any unsterilized animal product is not to be recommended. We advise the use of milk, cream, and eggs, provided they are sterilized by means of heat, and are obtained from animals as healthy and well-kept as possible. The best substitutes are sterilized cream, olives, and nuts, and oils obtained from these. A method of sterilizing butter is given in the Home Department this month.

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—:o:—

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References—Dr. Richards and many Workers.



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MELBOURNE, 289 Collins Street (Opp. Block).

WELLINGTON, 15a Willis Street.

AUCKLAND, Victoria Street East.

ADELAIDE, 28 Weymouth Street, Near King William Street.

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SANITARIUM HEALTH FOOD CAFE, 289 Collins Street, Melbourne, Victoria.	SANITARIUM HEALTH FOOD DEPOT, Heathorn's Buildings, Liverpool Street, Hobart, Tasmania.
SANITARIUM HEALTH FOOD CAFE, 28 Wymouth Street, Adelaide, South Australia.	131 St. John's Street, Launceston, Tasmania.
SANITARIUM HEALTH FOOD DEPOT, 103 William Street, Perth, West Australia.	SANITARIUM HEALTH FOOD AGENCY, 186 Edward Street, Brisbane, Queensland.
SANITARIUM HEALTH FOOD CO., Papanui, Christchurch, New Zealand.	FOODS AND SUPPLIES, Box 175, Manila, Philippine Islands.
SANITARIUM HEALTH FOOD CO., Victoria Street East, Auckland, New Zealand.	SANITARIUM HEALTH FOOD DEPOT, 12 Dhoby Ghaut, Singapore, Straits Settlements.

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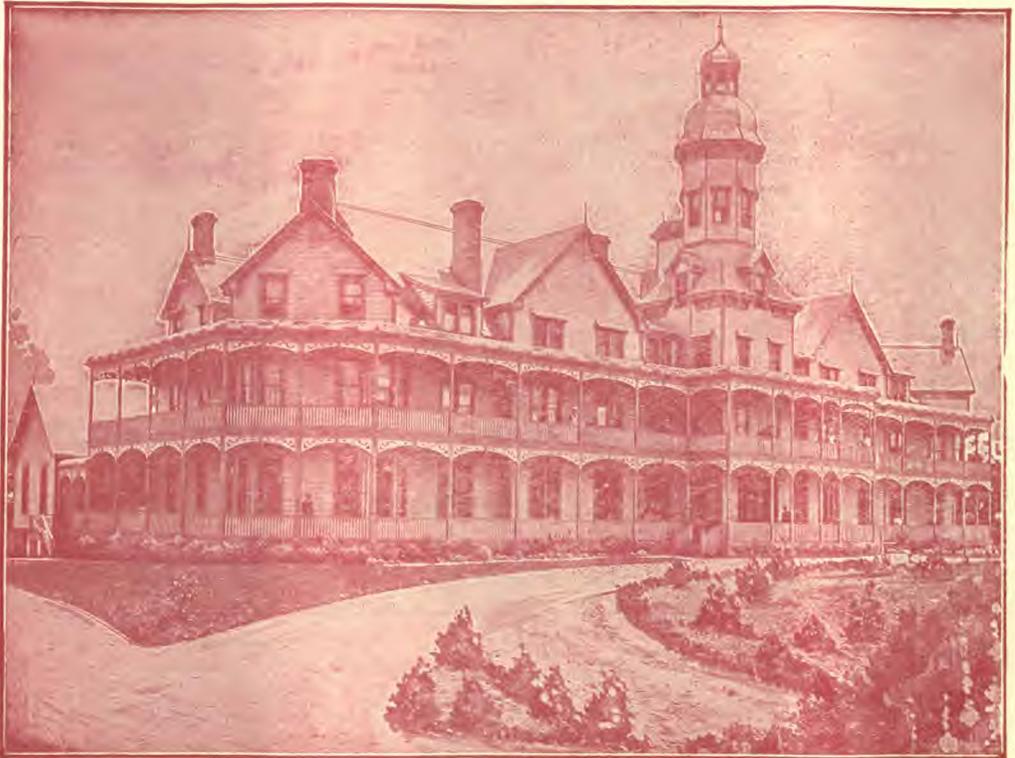


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1/5/09

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For further particulars and prospectus, address:—

**The Manager, Sydney Sanitarium, Wahroonga, N.S.W.**

**Telephone No. 137, Wahroonga.**

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