GOOD HEALTH

EDITED BY FRANKLIN RICHARDS, M.D.

JUNE 1, 1909.

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CANVASSERS for GOOD HEALTH are meeting with encouraging success. There is still room for recruits. Now is a good time to commence.

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THE FRAILTY OF LIFE.

GOOD HEALTH

A Teacher of Hygiene

Vol. 12. Cooranbong, N. S. W., June 1, 1909. No. 6.

Good Health Gleanings.

Better than Claret.

DR. ANDREW CLARK once advised an old ıdy whose daughter was suffering from anæmia) "give her claret." Six weeks later the old dy returned with the girl, now rosy-cheeked ıd healthy. "I'm glad she has taken her edicine," said Sir Andrew. "Oh, yes," re- ied the old lady, "I gave her plenty of them. Ve boiled them and stewed them and gave ıem to her at every meal." She thought the octor had ordered *carrots*!

Bacteria and Digestion.

THE ferments of the digestive juices are not ıe only agents at work in the alimentary canal. Iouth, stomach, and small and large intestine ave each their own special bacterial flora. In erbivorous animals bacteria break up the cel- ılose of the food-plants. In our case, however, ost of them are not necessary. Guinea-pigs orn and bred in an asceptic chamber thrive ell, and when killed no germs are found in ieir alimentary tracts. Only a single bacillus , it is said, present in the intestines of an fant brought up at the breast; while the bot- e-fed baby harbors a bewildering host. Some our bacteria do help digestion. There is one the stomach that changes sugar into lactic id. But this happens only in the early stages digestion if the flow of gastric juice is free. it is not, various gaseous products are formed bacteria, producing the symptom of flatu- nce. Normally there should be no multipli- tion of bacteria twenty minutes after a meal. the large intestine there is the more bacter- l fermentation the less well the stomach has done its work. With good digestion the intes- tinal bacteria fall immensely in numbers. Where they are inconveniently numerous the "sour- milk" treatment may be tried. In countries where in summer the cows are driven to moun- tain pasture, milk is brought down only at in- tervals, and the peasants mainly use it sour. The bacteria then present are fatal to the in- testinal flora. The sour milk of Bulgaria de- velops a bacterium of extraordinary vigor, which is now cultivated for export. It makes life impossible for other germs, but it dies out itself in a few months. Exactly how it kills off its rivals no one knows. It has recently been shown, by the by, that there is some justification for the Hindu's faith in the heal- ing virtues of the Ganges. The water at Be- nares contains bacteria that are microscopic tigers. They destroy cholera and typhoid. — *Selected.*

Air as a Stimulant.

THE exciting and stimulating properties of pure oxygen are well known, and every one has felt the invigorating influence of fresh air; yet little practical application has been made of these beneficial properties of a substance so cheap and universal. When the body is weak, the brain fatigued, and the whole system in a state of lassitude, just go into the open air, take a few vigorous inspirations and expirations, and the effect will be instantly perceived. The person trying the experiment will feel invigor- ated and stimulated; the blood will course with freshness, the lungs will work with increased activity, the whole frame will feel revivified, and

Nature's stimulant will be found the best.—*Fauldings Journal.*

Athlete at Eighty-four.

"KEEP steady; take exercise.
Don't drink; don't smoke."

This is the advice of Dr. Frederick James Furnivall, the famous English scholar, to all young men who wish to live long and enjoy life. By following his own maxims Dr. Furnivall is able at the age of eighty-four to help a crew of stalwart young men to pull a four-seated sculling-boat from Hammersmith to St. Margaret's, Twickenham, and back every Sunday.—*Selected.*

Vegetarianism in London.

A LONDON paper says: "The 'new' vegetarianism is a diet which includes few, if any, vegetables. Dieters abjure meat and fish, drink little or no wine, and live chiefly on eggs, rice, brown bread, fruit, cheese, salads, and other such light condiments. This cult is spreading in London society. The Duchesses of Bedford, Marlborough, and Portland, and the latter's daughter, Lady Victoria Bentinck; also Minnie Lady Anglesey, Lady Plymouth, Lady Essex, Lady Lytton, Lady Henry Somerset, Lady Charles Beresford, Lady Desborough, Mrs. Asquith, Miss Balfour, and Miss Muriel Wilson; Lord Lytton, Lord Dysart, Lord Buchan, Lord Charles Beresford, Mr. Charles Rolls—of motor and airship fame—Sir John Gorst, Sir Alfred Turner, and Baron de Meyer, are professed vegetarians."

Keep Milk Covered.

DR. NASH, medical officer of health for the County of Norfolk, England, has proved what has long been conjectured, that milk exposed to flies deteriorates far more rapidly than that which is kept covered. By estimating the number of bacteria present, after a certain number of hours, in specimens of covered milk, and also in that which had attracted flies, he found that in about seventeen minims there were forty million more putrefactive bacteria in the exposed than in the covered milk. There were also millions more of the gas-forming bacteria, and after sixteen hours the exposed milk had a putrefactive odor, and was "turning," while the other smelt quite fresh. The experiments were made from milk kept on a kitchen table on a warm day, that this is a sample of what probably oft occurs, and, as Dr. Nash says, "the more fli the greater the pollution," and while, perha the chemical changes produced in milk thousands of putrefactive bacteria may not sufficient to cause serious diarrhœa, yet t changes produced by millions may be very pr udicial to infant health, and may set up acu and perhaps fatal diarrhœa. These conclusi experiments will accentuate strongly the advi so often given to protect scrupulously all mi used for infants from fly contamination.

A Convert in Spite of Himself.

A WRITER in the *British Medical Journ* gives unqualified testimony to the value of non-flesh diet: "Some nine years ago," he say "I happened to read Dr. Haig's work on ur acid, and as my general health was then f from satisfactory, I determined to give h dietary a trial. Previously I had been in n sense whatever faddy about food. For the fir two years after commencing the experiment, never once deviated from the path of stri dietetic rectitude according to the gospel Haig. All my symptoms speedily disappeare and by the end of the second year I was i better condition than ever before, and was co scious of a feeling of well-being hitherto u known to me. This feeling of well-being sti continues. It never leaves me save as the d rect result of some serious dietetic sin. . . It is with some reluctance that I admit thi for I still hanker after the fleshpots. Can ton Rouennaise, with a bottle of Chambertin still appears more attractive than Apsley duc with salutaris, and English roast beef more s vory than mock-beef rissoles. I am a conve in spite of myself. Though my memory dwel with pleasure on many a past gastronomi treat, yet the improvement in my health an the increase in my power of endurance are suc that nothing would induce me to revert to m former dietetic habits; and I know that min is far from being a solitary experience."

Horseflesh in Vienna.

OWING to the steady increase in the co sumption of horseflesh in Vienna, the mun cipal authorities have erected new slaughte houses for horses. They comprise a fine bloc of brick buildings, covering an area of 3,30

uare yards. Land and buildings together ıve cost over £40,000. There is stabling for)0 horses. The principal building is the great aughter-hall, more than 300 feet in length and) feet in width, and equipped with the most odern machinery. There are 59 killing-stalls, ıch of which is fitted with hoisting apparatus. here is also a large double lift, with a capacy of 2,000 pounds, for conveying the meat) the cooling house. Last year 20,225 horses ere slaughtered in Vienna for food. Most f the horseflesh is converted into sausages of arious brands and flavors.

A Deadly Sausage.

Cat Not Proof against Ptomaines.

IT is quite generally admitted that the cat ; a very hard animal to poison, and yet a Ielbourne cat fell an easy victim to a sausage —the same kind of sausage that kills men by ıeans of its contained ptomaines. Indeed his particular sausage was intended to be aten by a man. His wife had put a portion f it in the lunch he carried with him to his ork, and he would certainly have eaten it and een poisoned but for the fact that an unforunate cat was given a piece of the sausage an our or two before lunch-time, and shortly fterwards died. This circumstance saved the an's life, for a constable was immediately ispatched on a bicycle and arrived just in ime to prevent the deadly sausage being eaten.

What dangerous things sausages and other eat foods are anyway! How often we hear f people being poisoned by them! And yet here are so many people willing to run risks n order to satisfy an unnatural appetite, that ll the old worn-out cart horses that can be onverted into sausage meat by enterprising Germans and Frenchmen are eaten with neatess and dispatch.

Health of School-Children.

TASMANIA is ahead of all the other States in he matter of protecting the health of its chool-children. It possesses a very live medial branch of the Education Department. In recent report detailing the work performed mongst the children, it is stated that in all, 1,287 Tasmanian school-children were exmined, and no less than 36.38 per cent were liscovered to be defective in some form or other, trifling defects as well as serious ones being, of course, included in the tally. It is just as well to emphasize the latter fact so that the percentage shall not be regarded as meaning that one-third of the Tasmanian school-children are so defective as to require something different from established methods of instruction.

We need not here go into full details, but some of the ailments of the children under review were found to be suppuration in the ears—a dangerous malady, liable to cause serious or fatal illness at any time; curvature of the spine to a pronounced extent; mental deficiency, so as to be incapable of benefiting by the ordinary methods of teaching; defectiveness in speech; organic heart defects, of more or less serious degree; pronounced anæmia; and deafness to the extent of interfering with their educational progress. *More than half of the children examined had post-nasal growths of some kind*, while the outward state of some children can be judged from the following quotation: "The power of the school authorities to deal with grave cases of uncleanliness in children who have parasites, which are liable to infest others, and whose parents cannot be induced to take measures to cleanse them, appears to be dubious. If such power does not exist under the present law, an amendment is advisable in order to deal with such cases. Parents who repeatedly neglect to clean their children sufficiently to enable them to attend school with safety to others, should be liable to prosecution if the children have to be excluded after due warning is given."

The condition of the teeth of the whole batch of 11,287 children was found to be so uniformly bad that the medical staff made no attempt to classify the defects. Dr. Elkington declares that it is very unusual to find a sound, clean mouth in a school-child, and that before the most reasonable physical efficiency can be secured amongst the child population the school dentist must become an active factor in the problem. Healthy life is impossible when mouthfuls of food swallowed and nearly every breath inhaled are fouled with poisonous products of decomposing teeth and suppurating gums. Australian children generally suffer from defective teeth, but they are not alone in that respect. Our London correspondent in his letter in this issue points out that dental diseases are the most wide spread affections amongst the children of Lon-

don, while the teeth defects of Americans are well known.

It is certain that the percentages of ailments found in the Tasmanian school-children must prevail to a more or less extent in the other States. It behoves the rest of Australia to be up and following in the footsteps of the island State, for the matter is not merely one in which the child or the family is involved, but the nation.—*Selected*.

A Century of Chemistry.

BY E. H. RISLEY, M.D.

CHEMISTRY, the science of the elements and their compounds, enters so largely into the everyday happenings of life that it is certainly worth while to give it careful consideration.

The purpose of this article will be to give a few of the cardinal points in the history and progress of the science, together with a passing notice of the men who have fostered it by their careful work during the last century.

In the closing years of the eighteenth century, chemistry was just beginning to get a fair start. Four names stand out prominently in this period: Scheele, Lavoisier, Priestley, and Cavendish.

Priestley and Scheele discovered oxygen almost at the same time, but yet entirely independent one of the other. Lavoisier, called the founder of modern chemistry, explained combustion and proposed the method for naming chemical compounds, which, with some modifications, is still in use to-day. Cavendish prepared hydrogen and demonstrated the composition of water. He also did considerable work on the hardness of water, showing how the lime is held in solution in the water by the carbon dioxide gas which it often contains. Upon boiling such a water this gas is driven off and the lime falls as a precipitate to the bottom of the containing vessel. This, of course, explained the formation of the lime deposit on our teakettles.

The name of the next person who stands high in the advancement of chemistry is that of Sir Humphrey Davy (1778-1829). Davy was probably the greatest chemist England has produced, and one of the greatest the world has ever known. His first researches were with gases, such as nitrogen, hydrogen, nitrous oxide, methane, and carbon dioxide. He demonstrated the anæsthetic properties of nitrous oxide, or "laughing gas," as it is commonly called, by inhaling it himself. He prepared the alkali metals, sodium and potassium, by means of electrolysis.

It was Davy also, who, in 1815, produced a safety lamp to use in mines to prevent the explosions which were so frequent in his time. This little lamp is a very simple piece of apparatus an oil lamp or candle completely surrounded by a fine wire gauze. The explosive gases pass through the gauze and burn quietly inside, the gauze keeping the temperature of the outside gases below the ignition point, thus preventing the explosion.

Davy was an expert at laboratory work, and his experimental genius was exceptional.

Contemporary with the name just considered stands that of John Dalton (1766-1844), a man poor as an experimenter, but one with a genius for thinking out and applying principles. He was the author of the atomic theory, the theory which explains so many chemical reactions.

FATAL HEADACHE-POWDERS. — A theatre manager of Bucyrus, Ohio, was found dead in the opera-house one morning. He had complained of a headache, and had taken headache powders, which probably depressed his heart with fatal effect. It should be remembered that most headache-powders contain acetanilid. —*Life and Health*.

Good Health Library.

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By Dr. D. H. Kress.

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How to Live a Century.

"IT is good to be old if one has lived well," said one recently, who, having lived past the century mark, and still finding life worth living, knows whereof he speaks. Mr. Wolf Weismann is a Jew who was born in Russia, and lived in that country until eleven years ago, when he was ninety-two years of age. His home is now at Hoboken, New Jersey.

Having often been asked the secret of his long, active, and useful life, Mr. Weismann took advantage of an opportunity to answer this question in an article in the *North American*. He has always been particularly interested in the accounts of long-lived persons in different countries, and was therefore prepared to write intelligently on the subject of longevity. Concerning his own condition at the time of writing, he says:

"I am one hundred and three years old, and I enjoy life as much now as I did when I was thirty. That means, of course, that I am in sound health of mind and body. I read and write without spectacles. My hearing seems to be as good as it ever was. My appetite is as keen as when I was a young man. My teeth are fairly sound—two years ago I cut four new ones. Age has not caused my shoulders to stoop. It is no trouble whatever for me to stand erect, and my limbs feel strong under me."

MR. WOLF WEISMANN.

In his instruction to young men as to how to grow old happily and youthfully, he says:

"Be an evergreen. That has always been my model in nature; sturdy, straight, wholesome, and refreshing.

"Don't work too hard. Nature never intended man to work feverishly eight, ten, even fourteen and sixteen hours a day, as some Americans do. That is the pace that leads to the graveyard and the insane asylum. It is wicked, health-destroying, mind-destroying.

"You will be surprised when I tell you that the nervous American sleeps too much; but it is so. Instead of sleeping so long, he should walk much out of doors. If he will cut two or three hours off his sleeping allowance and give them to walking in the fresh morning air, he will be a healthier, and live to be an older, man.

"Do not smoke. That is the one thing in my more than a century of life that I remember with regret. I would that I had never smoked. I broke the bad habit after I was fifty years old.

"If you would live happily and healthily, be as much as you can with little children. They will teach you much of the beauty and simplicity of life.

"Every man who harbors hatred and suspicion in his soul is to that extent wicked. To be happy and to live long, we should be as little children are—open-hearted, generous trustful, optimistic. Suspicion is a deadly vermin that eats away the soul. Believe in people when you can, and try to believe in them if you can't. More than likely they deserve it. Eight out of every ten men are honest. Don't make rogues of them by doubting.

"Doubtless it is true that the character of a man's occupation has much to do with the preservation of his health and the duration of life. Statistics show that outdoor workers whose bodies are sufficiently nourished, live longer than those who labor indoors. Also that workers in wood live longer than those who breathe air permeated with particles from the metals, textiles, or chemicals which they handle.

"In all my reading about long-lived races and individuals, I am constantly impressed with the influence of contentment of mind. It seems that, in spite of all the efforts of modern science, enlightened Americans and Europeans cannot

compete with certain barbarous, almost uncivilized, peoples, in the matter of prolonging the span of human life.

"In the northern part of Africa, for instance, where the ideas and conditions of the people are practically the same as they were thousands of years ago, we read that men and women one hundred and fifty years old are not uncommon.

"There the 'strenuous life' is unknown. It seems that the Moslems in Algeria and Morocco are never excited except in moments of religious zeal. The atmosphere is dry and wholesome, and their lives are practically spent out of doors. Even the merchants are calm and dignified always, apparently quite indifferent whether customers come or not.

"These people, while being much in the open air, live simply, on natural foods, and never allow their minds to be disturbed.

"All of this helps to convince me that the lessons of my own experience are true and valuable ones. Nature is the best guide, and nature urges us not only to eat pure food and breathe pure air and give our bodies sufficient exercise, but also to be serene, patient, and moral.

"To a conscientious observation of these rules, based on common-sense science, I attribute my present advanced age and the blessing of good health and a cheerful spirit."

Effects of Tea and Coffee upon the Master of and Workmen in the Body House.

BY MRS. E. H. GATES.

NO DOUBT the majority of people are familiar with these beverages, but have seldom stopped to consider their effects upon the body.

As some facts may be brought out in this article, we trust they may serve as an eye-opener. May this lesson as it is studied with the children, help each mother to see the importance of giving up everything that would in any way injure this living house, and the faithful workmen in it.

An analysis of tea shows that the most important of its ingredients are the alkaloid caffeine or theine, and tannic acid, with a small proportion of volatile oil.

These ingredients are poisons, and the chief effects of tea upon the body are due to them.

The principal ingredients of coffee are tannic acid or caffeic acid, and caffeine, which is chemically identical with theine.

Although quite dissimilar in their physical appearance, one being a leaf and the other a berry, it will be observed that there is a very marked similarity in the composition of tea and coffee, the principal difference being in the different proportions of the constituents.

Like alcohol, tea and coffee are stimulants, thus causing extra work to the faithful workmen, wearing them out so that they cannot perform their given tasks each day.

Tea and coffee are usually taken at a high temperature, and when introduced into the front room where the workmen are busy preparing foods for the kitchen, the salivary servants are temporally paralysed.

The little workmen in white receive a shock from the hot liquids, and this together with the fact that they are prevented from doing hard work in chewing the food brings sickness upon them, and they sometimes become useless and have to be removed, or else have the holes in their dresses patched so that they will not suffer pain from exposure.

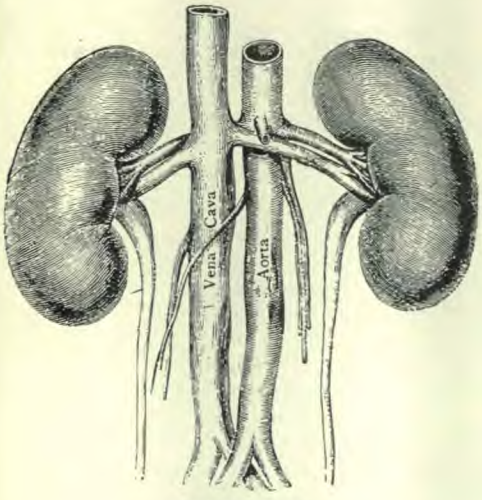
The hot drinks flood the front room, washing the food materials down the narrow passage (gullet or æsophagus) into the kitchen, thus preventing the white-robed servants from doing their work of crushing, and the salivary workmen from mixing their juice with the food before it enters the kitchen.

In the kitchen Mr. Digestion is almost overwhelmed when this flood of tea, coffee, and broken pieces of food come tumbling unceremoniously into his room. He and his fellow-workmen recognize that there is something with the food that is an intruder, and immediately set about the task of getting rid of the enemy.

This condition of the kitchen is something like the effects of a sudden lurch of a steamer. All of a sudden the passengers are surprised by a big sea rolling over the vessel, flooding the deck, galley, state rooms, etc. The first thing is to get rid of the water, which has soaked everything. So in the kitchen very energetic efforts are put forth by the many thousands of little mouths or absorbents which line the inside of the kitchen to get rid of the fluid which interferes with Mr. Digestion's doing his work.

This hot liquid mass not only overworks the little mouths or absorbents, but greatly weakens the workmen that make the gastric juice, causing one of the elements (pepsin) used by Mr. Digestion to be precipitated or thrown to the bottom with the tannin which the tea

ıd coffee contain. It can readily be seen that Ir. Digestion is greatly crippled by having one ' his chief helpers robbed of his strength, and lso by the failure of the servants in the front ɔom to do properly their work of chewing nd mixing. The infusion of tea and coffee, ith its contained poison which is carried by ıe little absorbents into the narrow passages here the red and white workmen (blood-ves-ɛls) live, is hurried off by these workmen to Ir. Bile's home (liver), the Messrs. Kidney's ɔoms, which are located back of the kitchen, nd to the purifying chamber (lungs). All hese willing servants set energetically to work o get the intruder out as quickly as possible.



THE KIDNEYS.

While all these workmen are so busy trying to get rid of these poisons, the ordinary work of the house is neglected to a greater or less extent. The impurities and hurtful things that should be removed by the workmen in the liver are left to accumulate. They get behind in their work, and from overwork become sick and inactive, so occasionally all hands suffer from a "bilious attack." The Messrs. Kidney find themselves unable to do all the work laid upon them, and they fail to remove as much of the product of decomposition from the narrow pathways (blood-vessels) as is necessary to keep the red and white workmen well. These Messrs. Kidney are also overworked, and are liable to take on certain diseases to which they are subject.

The wonderful telegraphic system of the body house suffers much from the use of these beverages. As soon as these drinks (tea and coffee) are taken into the kitchen, the faithful telegraph operator living there communicates to the master that an intruder has been brought into the house and must be gotten rid of. This message is immediately communicated to every telegraph station (nerve-centre), causing an undue excitement among the operators by the urgency of the message and their haste to enlighten the servants that do the work of carrying off the refuse from the house. This excitement (overworking of nerves) causes a feeling of freshness and strength to be felt by all the workmen for the time being. The master has a clearer mind and feels jubilant.

But when the effects of the stimulants have passed away, then a depression takes place, equal to the previous excitement.

The master often finds himself suffering with severe pain in the head.

Tea and coffee are among the prime causes of sick-headache, and unless the poor servants can have rest, headaches, dyspepsia, constipation, diarrhœa, and many other serious maladies will be the result. The telegraphic system becomes shattered, and uncertain in its actions, where this practice of using tea and coffee is long continued.

Even the covering (skin) of the house becomes affected by the long use of these beverages, and changes from a pink to a yellow, sickly appearance, and from a soft, flexible to a tough texture like leather.

The master becomes irritable and cross, unless he is constantly stimulated by his beverages.

I wish to make a statement here which will be well to consider, and it is this: Tea and coffee are one of the chief causes of intemperance.

An eminent physician says:

"At first the mild stimulation of coffee and tea is satisfactory. After a little time, this is found insufficient even when made as strong as practicable, to excite to the desired degree the *exhausted nerves*. Something stronger is called for, and tobacco and alcohol gradually obtain a foothold where once they would have been spurned with disgust."

I once heard a drunkard's wife make the following statement, which goes to prove the above quotation.

She said that if her husband refrained from drink for a time, and then drank some strong tea, he immediately had a craving for his liquor and would go off to get it.

Many a tea- and coffee-drinker stands ready to condemn the drunkard, but has he ever thought that perhaps he might be as strongly addicted to his tea and coffee as the drunkard is to his glass? Try giving up your beverages, and you will find what a hold they have upon you.

Mothers, shall we continue the use of these things which bring weakness and disease upon us and our children?

The Science of Bathing.

BY MARY WOOD-ALLEN, M.D.

A PHYSICIAN once ordered a bath for a sick man. Making his usual visit the next day, he was greeted with the joyous exclamation: "Say! doctor, if I'd a known how good a bath would make a fellow feel, I'd 'a' taken one forty years ago."

The bath as a luxury is quite well understood by the present generation, and yet it is a fact that a great proportion of people do not understand the science of bathing.

There is a right way and a wrong way even in the simple taking of a bath; and in the case of infants it is quite important that this be understood, and the right way chosen. Adults can speak their wants, or object to what does not please them: infants are obliged to accept the dictum of their care-takers, however disagreeable it may be.

In the first place, the temperature of the room in which the bath is given is of great importance. Remembering that heat is radiated much more rapidly from the body when wet than when dry, we can see that our own feelings as to the warmth of the room will hardly be a criterion for the comfort, or even for the safety, of the child.

The room should never be at a lower temperature than 65 degrees Fahrenheit; and in the case of a delicate infant or an invalid, it may be raised to 75 degrees, and even then it may not be wise to expose the wet body uncovered to the air. With very delicate babies it may be needful—in order to secure the best results—to sponge the body under cover, drying in the same way, instead of giving a tub-bath.

The temperature of the bath, too, should not be guess-work. We use the words "cool," "warm," "tepid," or "hot"; but they have no absolute meaning unless measured by the thermometer. A cool bath is from 60 to 75 degrees; a tepid bath from 85 to 92 degrees; a warm bath from 92 to 98 degrees; a hot bat from 98 to 112 degrees.

But what is the mother to do who has r thermometer, and cannot immediately procu one? Her hand will afford no guide to the ten perature of the water, for what will seem onl warm to her hand may be actually hot to th skin of the child. The elbow will give a sur indication of the temperature of the bath, a its skin is more delicate and sensitive than tha of the hand.

Dr. J. H. Kellogg gives a method of approx mating the temperature of the bath without thermometer. He says: "It is a well-know fact that, at the level of the sea, water boils a 212 degrees Fahrenheit. Well and spring wate and the water of cisterns, does not vary greatl from 53 degrees Fahrenheit. By combinin the proper quantities of water of these know temperatures, any required temperature may b produced." He gives the following table as quick guide, warning the mother, however, tha there should be no delay in adding the boilin water to the cold water, or the temperature wi not be accurate.

TABLE OF TEMPERATURES.

53 degrees			212 degrees					
2 qts.	added to	1 qt.	equals	3 qts.	at	106	degree
2½ „	„	„ 1	„	„	3½	„	„	98	„
3 „	„	„ 1	„	„	4	„	„	93	„
8 „	„	„ 1	„	„	9	„	„	71	„

It will be seen that all that is needful to fi ure out the temperature approximately for an amount of water is to multiply the number quarts of spring or cistern water by 53, the multiply the number of quarts of boiling wat by 212, add the two products, and divide by th whole number of quarts. This is only a mak shift, however, and not advisable except whe it is not easy to procure a thermometer.

In order that a bath be successful, the moth or nurse should be dexterous and skilful, tha the handling of the child may not be productiv of discomfort or of fright, and that the infan should not be chilled in the process of dryin The least possible time should be spent in gi ing the bath.

Care should be taken to wipe the head dr especially if there is much hair. In such cas the child should be kept out of draughts the head be protected until the hair is perfectl dry.

If the child looks blue or seems exhauste after the bath, you may be sure that the bat has not been given scientifically; that is, in a

cordance with the physical condition of the child.

The first bath of the new-born infant should be about body temperature; i.e., 98 degrees Fahrenheit. But it may be gradually lowered, so that in a few weeks it may be from 80 to 90 degrees Fahrenheit. A very warm bath is exhausting, while a cool bath is invigorating. There is not so much danger of taking cold after a cool bath as after a hot one. If the bath is very warm at first, it should be cooled by the addition of cold water just before the child is lifted out of it, so as to secure the tonic effect.

The child should be encouraged to use his limbs vigorously while in the water, but at the same time the bath should not be unduly prolonged simply for the delight it gives the mother or other friends who enjoy seeing the little one splash. In this, as in everything else, the welfare of the baby must be the first consideration.

The Rational Treatment of Chronic Heart Disease.

BY FRANKLIN RICHARDS, M.D.

THE following summary of treatment, faithfully followed, will be found beneficial in cases of weakness of the heart muscle, fatty heart, and valvular disease:

1. Carefully avoid overwork, worry, hurry, and excitement.

2. Take plenty of sleep and rest in bed (ten to twelve hours) in a well ventilated bedroom, or out of doors.

3. Lie down two or three times during the day for a half-hour or longer, placing cold cloths over the heart, and keeping the limbs warm.

4. Once during the day have the body rubbed briskly all over with a rough towel or mitten wrung moderately dry from cold water. Beginning with the arms, chest, or back, an attendant should rub one part at a time with the wet towel till the skin is well reddened, then dry and cover, thus keeping the entire body warm while the cold friction is being given. The hot foot-bath (in bed) with fomentations to the stomach may be used first to get the body well warmed before the cold friction is given. This treatment strengthens the heart. Take a warm soap-bath once or twice a week, quickly sponging the body well with cool water afterward.

5. Exercise also strengthens the heart when taken in moderation. Walk and take other forms of outdoor exercise so long as you do not suffer from *shortness of breath, palpitation, pain or tightness* in the chest, or *over-tiredness. Go very slowly* in climbing hills or stairs.

6. Carefully attend to your diet. Take no tea, or anything else that causes flatulence. A fairly dry diet with little or no fluids at mealtimes or for three hours after, is generally found to agree best. Twice-baked bread, granose, corn flakes, granola, gluten, vermicelli, macaroni, and other well-cooked grain-foods usually agree well when thoroughly masticated. Fruits, fresh and stewed (with little sugar), and tender vegetables, with cream, milk, and eggs, complete the diet. Only two or three kinds of food should be eaten at one meal, and only foods that combine well should be taken together. For example, milk combines well with all grains and vegetables, but with only a few of the fruits, such as bananas, figs, dates, and similar sweet fruits.

7. Eat slowly and moderately and not too often—meals should be at least five hours apart—keep the mouth and teeth in good condition, and thoroughly masticate every morsel eaten.

8. Do not permit the bowels to become constipated. The free use of laxative fruits, honey, melsitos, ripe olives and olive oil, and wheatmeal preparations containing bran (granose, etc.) stimulates the bowels. Milk is constipating, but in the form of lactosa it is laxative. Cream also is laxative.

9. An hour or two before breakfast take a tumblerful of *hot* water containing a quarter teaspoonful of common salt. A half-hour later drink half a glass of *cold* water. Repeat the hot and cold water drinking before dinner and tea. (If the evening meal is omitted, as is sometimes best, the hot water or *a tumblerful of hot milk and water* may be taken instead of the ordinary food. A granose biscuit or piece of dry toast with or without cream may in that case be eaten with the hot milk.)

10. Each of the following movements should be practised for one or two minutes twice daily:

1. Standing at "attention," with the hands on the hips, rise slowly on the toes while inspiring slowly and deeply, then slowly sink upon the heels again with slow expiration.

2. Standing at "attention," with the hands on the hips, slowly move the head back as far as possible with deep inspiration, and afterwards bring it gradually to the former position,

breathing out with slow expiration.

3. Standing at "attention," with the arms hanging down, raise the arms slowly along with deep inspiration, until they are at right angles with the body, then let them slowly fall to the former position with deep expiration.
4. As in the last exercise, but the arms are to be raised high above the head during deep inspiration, and then allowed slowly to fall with deep expiration.

The Home Department.

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

Should Our Daughters be Taught Housekeeping?

BY MRS. ELSIE SHANNON.

AS THE rightful home-manager is a woman, one might expect there could be but one answer to the above question—yes. However there are many who affect to despise as vulgar or common all thought of housework in its many branches, and thus fondly imagine that they prove themselves of better material than common clay; but such professions are unworthy of the true woman.

By housekeeping we mean the managing and care of the home and the family.

This subject includes a knowledge of the preparation of the food-substances required to sustain the body; the making of clothing, and the material best suited for clothing the body in the various seasons of the year; the laundering and care of the personal and household-linen; the care of the family as regards cleanliness and exercise; the keeping of the house, and its ventilation; the care and arrangement of furniture; the prevention of disease, and the proper nursing of the sick.

There are good reasons why the science of housekeeping should form part of a girl's education. This science is of more importance in the home than all other arts and sciences together.

We would not, however, be misunderstood, for we do believe that girls should receive a school education equal to their brothers. Education helps a woman in her household duties.

When a boy leaves school he generally receives a special training for some trade or profession, while the girl is neglected, if she or her parents fail to see the necessity of her mind being trained in some practical channel. Time is allowed to slip away, and she glides into womanhood. When the responsibilities of a household and the duties of a wife and mother come, too often she is unprepared to meet them. She takes life hard, because she is inexperienced and incompetent. Most things are badly done, or not done at all, and everything goes wrong. She grows tired, fretful, and unhappy; and the home life, that should be full of happiness and satisfaction, becomes a burden and drudgery. The entire house is disorganized.

I knew a young woman who was educated in one of our best schools, and graduated with honors; but she was only half educated, for when she married she could not even cook a potato properly. A year later she would have exchanged all her knowledge of science, art, and literature, for the faculty of getting up a good dinner, and being able to run the household machinery smoothly.

In some way or other, the vexations and difficulties of everyday life are reduced almost to a minimum by the influence of a good housekeeper.

A girl's education in housekeeping should begin in childhood. The tasks assigned should be made pleasant and inviting. Most little girls love to help mother, and with a little encouragement will soon look upon work as a pleasure.

A smaller broom than mother's, a special dish-pan, or a tea-towel with the child's name worked in a bright color across one corner, will do much to encourage their use. It is also wonderful how a work-apron made like mother's will inspire the little maiden to work.

It would be a good experience for the eldest daughter to take the responsibility of the housekeeping (under her mother's direction) during her school vacation, or while mother has a holiday. Where there are several girls in the family, each can take a responsible part. This will help them to appreciate the mother's burdens. These lessons will prove invaluable to them, and all through life they will be thankful for the wise forethought given them.

Home is the school in which girls can best learn domestic science, and the mother is the proper instructor.

We may study this subject from books; rules and regulations are helpful and look well on paper: but every woman must by practical experience find out what is best for her to do, when to do it, and in what manner.

We as mothers ought to see to it that our daughters' education is complete.

The wise man says of a good house-woman, "Her children rise up, and call her blessed; her husband also, and he praiseth her."

Nursing the Nervous Patient.

BY MRS. A. W. SEMMENS.

THERE is a difference between nursing sick people who are not nervous and those who are. The patient with a placid disposition makes light of what means a great deal to the nervous one. We sometimes think the nervous patient could prevent much of her suffering by controlling her nerves. But when we remember that her body is in a run-down condition, we know that she has not strength to exert the will power necessary in order to control the nerves.

If such a one comes under our care, we need patience, for it will be taxed to the utmost. But what greater reward can a nurse desire, than to see her patient get well and strong, mentally and physically!

We may have watched the case for some time before it falls to our lot to care for the patient. Nothing seemed to please her; then she grew irritable, and finally settled into a state of invalidism—and our nursing begins.

She is sure that she is going to die; and even the sunlight annoys her. She wishes to have the blinds drawn to darken the room; but gradually we must let the sunshine in until it floods the room, for there is gladness and joy in the sunshine. So let its healing beams come in.

Every noise startles the patient, and she cannot bear to have any one come into the room. The making of the fire in the grate annoys her. And here let me say that a nurse need not make a clatter when replenishing the fire. The firing may be done up in paper before it comes into the room, and then gently laid on the grate. If the grate needs cleaning out, let your patient know that you are going to do it, and proceed as quietly and quickly as possible.

If a nervous patient fancies there is something in the room, a mouse, spider, fly, or whatever it be, let her see you try to remove the annoyance. Do not tell her that it is all imagination. It is most soothing to a patient to know that her nurse will not allow anything needlessly to annoy her.

The table-cover or tray-cloth not quite straight, will often cause such a patient to work herself up into a state of fever heat. We need to watch all these little things that seem so trivial to the well and strong, and to anticipate the patient's every want, if possible.

If she is well enough to be read to, read books that will take her thoughts away from herself. Nothing emotional should ever find its way to your patient's bedside.

Keep visitors out of the room, unless you are certain that they are the right kind of visitors. How often have we seen a nervous patient all talk and smiles while a visitor was present, and then we have seen the prostration and restless night which followed the visit. And yet the visitor went away and declared she could not understand why the nurse would not allow friends to visit the patient, as she seemed so well.

In any case the visitor should not be allowed to make a long call, no matter how much the patient may appear to enjoy the visit. In the best interests of the patient, the nurse must be kind, courteous, and firm in the matter of visitors. All sensible people will recognize this to be the kindest thing for the sick one.

Humor the nervous patient as much as you can without spoiling her. Be cheerful; reassure her that she will soon be well and able to take her part in the daily routine of life. Never for one moment let her doubt this. Watch and make a note of everything that seems to soothe the patient, and use this to the best advantage. Inspire confidence by going about the sick-room in a quiet, firm, yet gentle way. If you have anything to say to the doctor, or the patient's friends, do not whisper; but let your patient hear you distinctly. Nothing is more disturbing to a nervous patient than to hear whisper-

ing either in the room or outside her door. If you have fears regarding your patient's condition, mention these to the physician in another room, or outside the building, if need be.

In whatever you do for your patient, be prompt, kind, cheerful, and tender.

Some Recipes That Have Been Tried.

SALMON SALAD.

GRATE two small radishes, one medium-sized bright-yellow carrot, and enough onion to fill a teaspoon. Chop two ounces of nuttolene, and the whites and one yolk of two hard-boiled eggs, very fine. Mix all together. Chop the other yolk with parsley, to sprinkle over the top. Garnish with lettuce, and serve with sour salad dressing made as follows: Rub two slightly rounded teaspoonfuls of peanut butter with two-thirds cup of water. Let it boil for a minute. Cool slightly, and add one-half teaspoonful of salt and two tablespoonfuls of lemon juice. When cold it is ready for use.

CARROT SALAD.

Two medium-sized carrots, sliced, and boiled in salted water until tender, may be made into a most appetizing salad by adding chopped crisp celery and simple dressing.

DELICIOUS CAULIFLOWER.

This little appreciated vegetable had been cooked in various ways in a certain home, but it still failed to appeal to the appetite of one of the visitors. One day she found some that had been simply steamed and salt sprinkled over it. She added a few drops of lemon juice, and came to the conclusion that this simple method was the best of all the ways she had ever tried.

EGG GRAVY.

If the family prefers not to use free fats, as butter or oil, in seasoning gravies, an egg may be substituted. Make a plain gravy of milk, or the water in which peeled potatoes have been boiled, by thickening it with oven-browned flour (or unbrowned, if preferred). If the egg to be added be previously beaten, the gravy will be of a uniform golden color, and smooth in appearance. The yolk, being about one-third fat, gives a fatty richness. Salt will be needed.

A PROTEID DISH.

Blanch shelled, unroasted peanuts by heating in the oven until sufficiently dry (not brown) to permit of rubbing the hulls off. Soak overnight, and cook in the same water until tender. Add some of them to twice as many green peas. Try some in tomato sauce. Use lemon juice on some.

BAKED PROTOSE SANDWICHES.

After removing the crusts, spread the slices of bread with butter or nut butter, and fill with mashed protose. Allowing a little space between, lay in a shallow pan which has been well oiled. Cover with any desired sauce, as cream tomato, or a nice brown sauce made by thickening a little rich milk with common white flour that has been browned in the oven. Bake until well heated, and serve garnished with parsley.

STUFFED POTATO.

Bake large potatoes. Cut a cap from one end of each, and scoop out the pulp, season with salt and cream or butter, and return to the shells. Replace the cap, and wrap in fringed tissue paper. This is an excellent recipe to use when the baked potatoes must unexpectedly wait awhile.

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.

205. POOR BLOOD.—C. R., Mosman: Kindly state rough your correspondence column what treatment l diet you advise to enrich the blood. Patient is roung woman who lives largely on vegetables and ces no tea. *Ans.*—This patient is evidently on a st which lacks fats and proteids, an impoverished st in other words. Vegetables alone will not ordirily supply all the needs of the body, and impoverred blood results from their exclusive use. Eggs, rilized milk and cream, lactosa, nuts and nut parations in moderation, and fresh ripe fruits ould be added to the diet.

The patient should live an outdoor life, taking -baths, sun-baths, cool frictions, baths, massage d oil-rubbing, breathing and other exercises daily.

206. SCIENTIFIC TREATMENT OF TUBERCULOSIS OF E HIP.—E. J., Stockinbingal: Kindly send me the OD HEALTH paper. Enclosed find postal note for e year's subscription. Could you let me know the st treatments for tuberculosis of the hip? I have son afflicted. The pain commenced in the left hip d went down to his ankle, and he can feel it in his ght hip if he has the least shaking when out driving. *ns.*—The rational scientific treatment of tuberculosis the hip may be briefly summarized as follows:

1. Keep the patient out of doors freely exposed to e pure air and sunshine, but at the same time procted and warm.

2. Provide a nourishing, easily assimilated diet inuding plenty of clean sterilized milk, cream, eggs, lks, ripe olives, olive oil, fresh nuts and nut preparations, and other wholesome foods rich in fats and ls.

3. Secure for the diseased limb complete rest, and otection from injurious strains or pressure, until in and tenderness disappear and sleep is undisrbed.

4. Increase the circulation through the limb, so inging the protective substances and healing powers the blood to bear upon the diseased joint.

In the home treatment of tuberculosis of the hip, e first requirement is usually easily met by placing e patient in some sheltered or sunny nook in the rden or on the verandah. The night as well as the y had best be spent in the open air, the head as well the body being suitably covered in cold weather and pt warm. Only the face need be exposed, and needss to say, the air should be warmed by being eathed through the nose. It is dangerous to sleep t of doors with the mouth open.

The second requirement also is usually easily met by the mother or other member of the family who acts in the capacity of nurse to the patient. Of course one requires to become intelligent concerning food-values, digestibility of different foods, and so on, but such knowledge is easily obtained from such modern cookery-books as "Science in the Kitchen."

The third point in the treatment will have to be left to the physician, who will apply a suitable splint, such as Liston's or Thomas's hip-splint, and order the patient to bed for perhaps one or more months. Afterward ambulant treatment may be followed, and the child allowed to go about on crutches, wearing a suitable splint.

The fourth indication may be met by the use of fomentations two or three times daily; or, better still, by the use of the alternate hot and cold compress to the hip and leg, followed by gentle derivative massage and oil-rubbing. Painting with iodine or the use of Scott's dressing is often advised, but both are inferior to the above treatment. After the splints have been dispensed with, massage, the alternate hot and cold douche, electricity, and various other sanitarium treatments have been found highly beneficial in the complete restoration of the diseased member.

In conclusion it should be stated that cold abscess may form, or other complication occur which would necessitate surgical treatment. For this and other reasons, tuberculosis of the hip is best treated in a well-equipped modern institution.

207. DIZZINESS AND PAINS IN THE HEAD.—X. Y. Z.: Can you give me any advice on my case? I am suffering from dizziness and pains in the back of the head. *Ans.*—The dizziness and head pains are probably due to indigestion and auto-intoxication. You are probably absorbing poisons from the bowels. Your condition will doubtless be improved by getting the skin in a good condition by means of a warm soap-bath twice weekly and a cool friction bath once daily. You should also secure at least one, and preferably two, free movement of the bowels daily. Your diet should consist of what GOOD HEALTH terms antitoxic foods, that is, foods which do not readily undergo decomposition themselves, and which tend to prevent other foods from undergoing putrefactive changes. Such foods are fresh ripe fruits of all kinds, and twice-baked cereal foods such as granose, zwieback, toasted corn flakes, granola, wheatmeal biscuits, etc. If you will eat only fruits and such dry foods as these for a week or two, thoroughly masticating every morsel eaten, and brushing the teeth and cleansing the mouth after meals, your symptoms will doubtless disappear. Drink water freely three or four hours after meals.

Take only three meals a day, the last consisting chiefly or wholly of fresh fruit. Take two or three hours' exercise out of doors daily, and spend as much time as possible in the open air.

208. HEALTH FOODS, DRINKING AT MEALS, ONIONS, ETC.—N. W., Waverley: 1. Would you give me some idea what good health-foods can be used for each meal? I have raw fruits, nuts, dates, raisins, etc., at 7 a.m. Do these digest properly if taken together at one meal? Then for dinner at 12.30 I have vegetables (steamed) and nut meat, etc., then stewed fruit with junket or rice or corn flakes, and if inclined a little raw fruit. For tea at 6 p.m. I have tomatoes cut up with onions, or beet root with onions (in all cases raw for tea and steamed for dinner), or cucumber with onions. When finally cut up I squeeze some lemon juice over the salad instead of vinegar, which I never use, and then cut up lemons and serve with granose biscuits and nut butter. Then I have stewed fruit and some light cakes or other salad perhaps, and then fruits or nuts, or perhaps both. *Ans.*—It is very evident that this young woman has fallen into the dietetic error most commonly made by both orthodox eaters and food reformers, viz., the mistake of taking too many kinds of food at one meal. Seneca says: "Many dishes have induced many diseases." No doubt Seneca is right, particularly when the many dishes are eaten at one meal. The fundamental principle which ensures success in eating is simplicity. Eat simply, and take only two or three kinds of food at a given meal. The digestive organs are obliged to provide a different kind of secretion for the digestion of each dish eaten; naturally the stomach and other organs become confused when called upon to manufacture a dozen different kinds of digestive fluid at one time. In the case of our inquirer, breakfast is the simplest meal eaten. This can be improved upon by the introduction of some well-baked cereal foods such as granose, zwieback, or corn flakes. With the cereal food, the raw fruit and nuts thoroughly masticated should be eaten. The meal is then well balanced, and there should be no difficulty experienced in its digestion.

The dinner would be very much improved by the omission of the stewed or raw fruit, as fruits do not combine well with vegetables.

The tea is probably the most medley meal of all. This meal should be exceeding simple, consisting of fresh or stewed fruit with perhaps a little bread or biscuits, or, if preferred, a simple fruit salad with granose or wheatmeal biscuits, corn flakes, or other suitable cereal food. The salads mentioned are extremely indigestible, particularly raw beet root, and the meal is altogether far too complicated. Nuts ought never to be eaten in the evening; they are much too solid a food to form a part of the evening meal.

2. I never drink at or within half an hour of any meal either before or after, but at 8 a.m. and 4 p.m. I have a cup of caramel cereal made with milk. Would this interfere with digestion? *Ans.*—Your practice of taking no drinks at meals is a commendable one. Drinks ought not to be taken at meals, and they are best not taken until three or four hours after meals, and then water only, or some simple fruit drink, should be taken. The practice of taking caramel cereal made with milk at the times mentioned is objectionable from the standpoint of good digestion. It is almost certain to result in the production of uncomfortable fulness and distention through its inte ference with the digestion of the preceding mea Milk is a food, and ought never to be taken as drink between meals, either alone or in caram cereal, or otherwise.

3. Are onions a good vegetable? if so, are they mo nutritious cooked or raw? *Ans.*—Onions are chief useful for flavoring purposes. When properly us to flavor foods, the onion itself cannot be taste One who did not know it had been introduced into soup for example, would never suspect its presen from the flavor of the soup. The soup would not perfect, however, without the scrape of onion add by a skilful cook. Onions may also be occasional eaten as a vegetable, but when so served should thoroughly boiled. Eaten raw, they are extreme unpleasant and objectionable to one's friends, and ought not to be thus eaten.

4. Every time I stoop down I have most unplea ant dizziness in my right ear. I have no pain, but times it makes me quite giddy. I tried bathing t ear, but it does no good. As I have read many helpf articles in your book, I think perhaps you can e lighten me as to this trouble? *Ans.*—The dizzine in the ear and giddiness are symptoms of disturbe circulation due to absorption of poisons from the al mentary canal—auto-intoxication. The adoption simplified diet will doubtless do much toward the r moval of this troublesome symptom. Exercise, bathin and outdoor exercise, living in harmony with the d rections given in GOOD HEALTH from month month will also prove beneficial.

5. Will you kindly give a menu in the next nun ber of GOOD HEALTH? It would be very helpful many people who, no doubt, are in doubt as to wh foods to eat at one meal. *Ans.*—If the columns of t domestic department of this magazine are watche from month to month, many helpful menus will found. They have often appeared in the past, an will continue to be printed from time to time in th department.

Draughtphobia.

An extremely odd man was Timothy Quinn;
He hated fresh air as a parson hates sin.
He managed to live, notwithstanding his fears
Of colds, draughts, and dampness, for thirty-thre years.
He always insisted, and thought he was right,
Upon having each door and window shut tight.
He took so much care of his health that he died
From a cold which he caught on an open-car ride.
His folks had him cremated and waited their turn
To take home his ashes to place in an urn.
As the oven was opened, all heard a voice roar
From within: "There's a draught! Oh, please clos that door!"

N. I

OOD HEALTH

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"How little it costs, if we give it thought,
To make happy some heart each day:
Just one kind word or a tender smile,
As we go on our daily way.
Perchance a look will suffice to clear
The cloud from a neighbor's face,
And the press of a hand of sympathy
Will a sorrowful tear efface."

DINNER NOW READY

The Summer Season should find you dining at one of the unde mentioned Restaurants.

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MELBOURNE, 289 Collins Street (Opp. Block)

WELLINGTON, 15a Willis Street.

AUCKLAND, Victoria Street East

ADELAIDE, 28 Waymouth Street, Near King William Street

CHRISTCHURCH, Papanui

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