

# GOOD HEALTH



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November, 1901.

- Good Health.
- The Miracle of Health.
- Mouth Breathing.
- Headache and How to Treat It.
- Juvenile Smoking.
- Dress for Housewives.
- Foods for the Sick.
- Our Boy.—*A Poem.*
- Prevention and Treatment of a Cold.
- The Morning Bath.
- Our Platform.
- How to Avoid Tuberculosis.
- The Baby's First Bath.
- The Hot Water Bag.
- Questions and Answers.

Vol. I.

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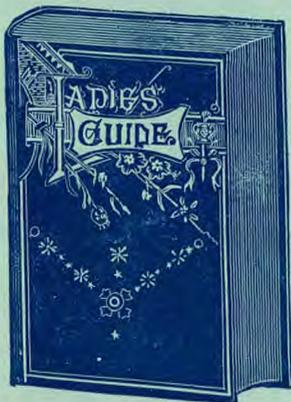
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The

# Ladies' Guide

In Health and Disease,

BY J. H. KELLOGG, M.D.



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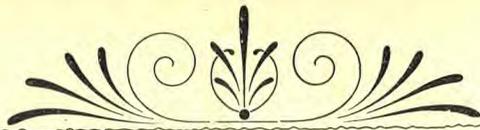


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"Good Health."



# Good Health

An Illustrated Monthly Magazine Devoted to  
Hygiene and the Principles of Healthful Living.

Entered at Stationer's Hall.

Vol. I.

November, 1901.

No. 1.

**Good Health** is an immensely popular thing. Everybody seems to want it; yet, strange to say, almost everybody in possession of this priceless treasure is more or less recklessly squandering it.

The rosy cheeks, the bright, sparkling eyes, the buoyant step, the keen senses, and pliant muscles, which make labour pleasant and mere living a delightful thing—who has not at some time or other been in possession of all these? But they passed away like a beautiful dream. Now the muscles are a little stiff, the senses less keen, the nerves that once vibrated with pleasure are frequently racked with pain, labour is toilsome, and life almost a burden.

\* \*

**How Health is Lost.**—Whence this sad metamorphosis? Has the great Giver arbitrarily withdrawn His gift after tantalising His creatures with only a brief taste of health?—No, indeed. It is man who has spurned the precious gift by refusing to conform to the conditions upon which alone it could be permanently retained. Someone has said that “one of the grandest things in having rights is that, being your rights, you may give them up.”

\* \*

**Self-Confessed Criminals.**—Let us take a few examples. Smoking is all but universal among the men of this country. Ask a friend who uses the weed to tell you in all honesty whether he does not think

that the habit is somewhat injurious to his health. In three cases out of four he will reply in the affirmative. The moderate drinker knows very well that alcohol is doing him bodily harm. The society woman may be grossly ignorant of physiology; but she does not need to be told that tight-lacing, fashionable balls, and late suppers are health-destroying. The business man, racing after wealth, knows he is leaving health far in the rear. Perhaps he thinks he will stop and wait for it to come up by and by, but he never does. Thus the world rushes on in the mad pursuit of business and pleasure, and leaves health and virtue to follow as they may. Many seem to think that the grand thing in having health is the opportunity afforded for ruthlessly wasting it upon riotous living.

\* \*

**The Price of Health.**—Yet, men desire health; but they are unwilling to pay the price,—obedience to the Divine laws governing the body. These laws are as sacred as the ten commandments. Let us look at some of them for a moment. First, there is the law of labour: “In the sweat of thy face shalt thou eat bread.” Physical exercise in the open air is absolutely essential to health. It fills the lungs with life-giving oxygen, it sends the blood coursing through veins and arteries, quickens the organs of digestion and elimination, and makes the whole system to throb with life and energy. In spite of

his neglect of personal cleanliness, his unsanitary home surroundings, his indulgence in pork pies and other like abominations, the labouring man eats better, sleeps better, and enjoys a more robust health than his wealthy employer; and the reason is that, compelled by circumstances, he obeys this Divine mandate, and eats his food in the sweat of his face, while the other man does not.

\* \*

**An Ideal Diet.**—Next to an abundance of fresh air and regular exercise, we place a pure, unstimulating, nourishing diet. If the fires of life are to burn brightly, and give off the greatest amount of energy, there must be a good draught (which exercise provides), also a sufficient amount of the best fuel. The food taken into the system furnishes heat and energy, and serves to repair the vital machinery. Ideal food is free from all poisonous matters, easy of digestion, and contains all the elements necessary for the maintenance of the highest vital efficiency. Of course these rules exclude flesh meats, since it would be idle to expect the decaying bodies of animals, liable to a variety of virulent diseases, to be free from impurities. But they also exclude dishes which, while being strictly vegetarian, are nevertheless unhygienic. Cooking is intended primarily to render food digestible; as practised in some homes and many eating-houses, it has degenerated into something like the very opposite.

\* \*

**Simplicity** is decidedly conducive to health. "Many dishes," said Pliny, "bring many diseases." If the appetite must be tempted, let it be by total abstinence from food rather than by resorting to rich sauces and condiments. In this land of plenty, there is greater danger of over-eating than of starving. An accurate observer has recorded his conviction that the average Englishman dies of *repletion*. "Live on

sixpence a day, and earn your sixpence," was the advice of a very out-spoken physician to a rich patient. Thousands of persons would find this prescription a veritable cure-all, if they had but the mastery over appetite which would enable them to follow it.

\* \*

**Stimulants not Needed.**—Health is inconsistent with the use of stimulants or narcotics of any kind. Sound, refreshing sleep is the best antidote for weariness; food imparts the necessary energy. Indiscriminate drug-taking is dangerous. Proprietary medicines have killed more people than the South African War.

"Keep thyself pure," is a health precept having a very broad application. Pure thoughts are the foundation of a strong, noble life. The man who would be pure, must give strict attention to personal cleanliness. The daily cold bath is a splendid tonic, and need occupy only a few moments. It is also well to drink freely of pure water that the tissue wastes may be dissolved and carried away, and the interior of the body kept clean.

\* \*

**Be of Good Cheer.**—Finally, remember the old adage, "Cheerfulness and health mutually beget each other." If the good angel of health is still with you, you ought to be happy in her company. If she has spread her rosy wings, and departed, tears will not bring her back; but be of good cheer, dry your tears, throw bottles and pills aside, and hie you away to Mother Nature's nursery, out under the blue sky, mid green fields, and sunny fountains, and bird music. There, if anywhere, you will find the object of your search, and by dint of persistent wooing and solemn promises of better treatment, you may induce her to return and give you another trial.

M. E. OLSEN.

## THE MIRACLE OF HEALTH.

BY J. H. KELLOGG, M.D.

No man possesses healing power. No power besides that of God can heal, for healing means creating. If one desires better nerves, he must secure new nerves. If he desires a better stomach, he must have a new stomach; it must be created anew. The great Divine power operating throughout the whole universe will heal and comfort those who need to be healed and comforted. All that any human agent can do is simply to call attention to this great Life-force, and to teach the people how to come into harmony with it, and how to co-operate with it.

The trouble with many is that they are fighting God. They tear themselves down faster than nature can build them up. A man has a slight wound on his arm. Suppose that every day he tears off the new flesh that has formed there during the night. The sore would never be healed. We must co-operate with God if He is to heal us. The man who has a broken leg or arm must have the ends brought together, and then God makes the cement that unites them. The power that does this we call "nature," but that is only another name for God. Nature is not a power; it is merely a name. The power is the thing behind nature, and that is God.

If a man has a bad stomach and persists in violating the laws which relate to good digestion, his stomach will never be healed. If he eats a meal that does harm, and at night God heals the injury that has been done, and if the next day he does the same thing again, he is being more and more damaged every day, and by and by he will get so far broken down that the stomach will lose its power to digest.

If we sow for health, we shall reap health, for it is just as much the consequence of sowing as is disease. We must sow for health and cultivate health. There is no doubt, however, that some people are

cured by the bogus healers who go round the country, just as some people have been made well by the use of liver pads. The reason they are healed in this way is that they are not suffering from real maladies, but from ghosts and hobgoblins of maladies,—from imaginary diseases. Such people would be healed by anything that pretended to heal. When a man is ill because of the influence of a false belief, he recovers as soon as the false belief is removed, no matter what removes it; but a person who has a dilated stomach, or a wound in the knee, does not get well so quickly.

One way in which God helps people is by giving them light or instruction as to how to help themselves. He puts the right thought into the man, so that he will do the right thing. There is always a little niche open in the rock, in which we can hide from the storm. There is help for the sick man, for health is everywhere. Ask God to help you to find health. There is a straight and narrow road that leads to health of body and soul; it is the straight and narrow road of obeying God's law.

The body is all the time seeking health. We are made ill because of some violence we do ourselves, but nature at once goes to work to heal us. It is not an artificial or unnatural thing to get well. It is as natural to be healed as it is to breathe. If you will cease to make yourself sick, nature will cure you. If the skin is torn from your hand, soon a ring of fresh skin grows about the wound, and before long it is all grown over with new skin. This is done without any effort of the will, whether you ask to have it done or not, because it is the healing power within you that is taking care of you and trying to heal you.

Will power cannot heal, but will power

can enable one to resist the temptation to lie down and die. People may anticipate maladies. There are those who are easily convinced that they have cholera, influenza, or anything else that is epidemic. A great many people are frightened into chronic disease. It is astonishing how much one's

state of mind has to do with his physical condition. When a man falls into despair, he can do nothing. Hope and good cheer are the most powerful tonics to give a man fighting capacity with which to hold disease at bay. A change of mental condition is all that is necessary for some invalids.

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### CONGESTIVE HEADACHE.

BY DUDLEY FULTON, M.D.

THE underlying condition in congestive headache is explained in the term "congestion," *i.e.* engorgement of the blood within the cranial cavity.

This increases the pressure upon the structures of the bony chamber. The seat of pain in headache is the scalp and the coverings of the brain. The brain substance itself is probably insensitive to pain, as portions of it may be cut or torn away without pain to the individual.

A congestive headache is accompanied by a flushed condition of the face and neck, by swollen eyes, throbbing of the temporal arteries, dread of light, and some dizziness. Coughing, lowering of the head, as in stooping over, or anything that increases the flow of blood to the head, increases the pain.

A patient recently under observation suffered the foregoing symptoms. Sleep, especially in the recumbent position, had been impossible for weeks, being induced only when the patient was propped up with pillows. Lowering the head increased the pain. Immediate relief followed the institution of correct treatment. Headache powders, which by increased dosage had kept the patient temporarily comfortable, were withdrawn. The head and neck were kept enveloped by towels wrung from cold water. This contracted the blood vessels of the head and neck, thus reducing the current of blood to the head. At the same time hot-blanket packs were applied to the legs, this measure dilating the blood ves-

sels, and increasing the amount of blood in these parts. Thus by revulsion the head was relieved of the excess of blood. Sweet sleep invariably followed this proceeding. Correction of the dietetic errors, improved action of the bowels, needed rest, and tonic baths removed the tendency to headaches.

Another patient was relieved by an opposite plan of treatment. His headache was caused by anæmia, or lack of blood, in the head, the tissues of which were poorly nourished. The face, lips, and mucous membranes of the mouth and eyes were pale and lustreless. The patient was thin and emaciated. When in the standing or sitting posture he suffered severely from headache. He had learned that he suffered less when sleeping without a pillow. Advantage was taken of gravity by elevating the foot of the bed, thus allowing a free flow of blood to the patient's head. Warm compresses were applied to the head and the neck to encourage the flow of blood to these parts. Tonic measures, such as centripetal massage and electricity, relieved him completely of the symptom.

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#### Suggestive Typographical Error.—

A physician was called to attend a labourer whose leg had been crushed in a railroad accident. The next issue of the local paper said: "The man's friends wanted Dr. Messemmer to amputate the leg, but after feeling the patient's purse, the doctor declined to perform the operation."

## MOUTH BREATHING.

W. B. HOLDEN, M.D.

MOUTH-BREATHING is caused by some obstruction to the air passages of the nose. The most frequent of such obstructions is the growth of a tonsil-like substance in the upper part of the throat above and behind the palate. This tonsil-like substance is variously named, adenoids, pharyngeal tonsil, third tonsil, and Luschka's tonsil. This growth closes the nostrils entering the throat. It is a very common condition in children from five to fifteen years of age.

The symptoms arising from thus interfering with the air passages in the nose are the following: 1. Mouth breathing more or less constant. Children will breathe through the nose if they can. 2. Nasal voice: they speak as if they had a cold in the head. 3. Persistent snoring in sleep. 4. More or less deafness because the Eustachian tube leading from the middle ear to the throat is closed. Children are often accused of stubbornness and disobedience because they do not hear commands and orders. 5. Catarrh of the head. 6. Small nose, due to undergrowth from lack of use. 7. Small receding chin and short upper lip with projecting teeth, all due to the position of the jaw in mouth-breathing. 8. Stupid in appearance and in fact, due to the deficient amount of air they can inspire. They are very prone to be poorly developed mentally and physically because of air starvation. Such children

are not only of low vitality and more susceptible to all diseases, but especially to tonsilitis, diphtheria, and earache; the latter malady may develop into serious if not fatal complications.

This tonsil generally disappears in early adult life, but the damage is then done. The body and mind are perhaps dwarfed. The facial appearance is much changed, the nasal voice persists, and the individual is physically, mentally, and facially crippled for life. His chances for success are very materially lessened.

There is only one thing to do, and that is to have this overgrowth of tissue removed by a surgeon. It is a simple procedure, and unattended by danger. Occasionally after removal it will grow again; if so, the operation should be repeated. Parents can readily detect the growth of this tonsil, though it cannot be seen, by the above distinctive symptoms; and they should consult a surgeon early, as a delay of a year or two may do the child much damage.

Although this trouble is and has been very common, it is only recently that attention has been called to its mischievous results. No greater benefit can be given a child than timely attention to this mass of abnormal tonsillar tissue. The proper removal of this tonsil increases the prospects of the sufferer many fold.

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### To Control Bleeding from the Nose.

ELEVATE the arms to increase the resistance to the upward course of the blood. Apply cold cloths over the nose and brow and an ice bag to the neck, or cold cloths to the neck extending around under the arm and reaching the large blood vessels on the axilla. At the same time give a hot foot bath.

As a spray within the nose use a weak solution of alum. Hot water may be slowly instilled into the nostril, or the nose may be plugged with cotton pledgets moistened in peroxide of hydrogen or extract of witch hazel. Should the hemorrhage persist, then it would be necessary to plug the posterior as well as anterior portion of the nose, but this must be done by a physician.—*P. M. Keller, M.D.*



THE . . .

## HOME.

## OUR BOY.†

## HIS CAPITAL.

Two small hands ever busy; two small feet seldom still;  
 A tongue he finds so useful it rests but while he sleeps;  
 Two bright eyes opened widely, gathering in their fill;  
 A sturdy little body that daily upward creeps;  
 Two little keen ears listening to laughter, song, and sighs;  
 And in his inmost temple, linger the Sisters three—  
 Faith, with a clasp firm, steady; Hope, with the clear, bright eyes;  
 And she of the years eternal—tenderest Charity.

## HIS POSITION.

Safe in the dear home-cloister, under love's sheltering wing,  
 Tenderly watched and guarded, taught at a mother's knee,  
 Nothing knows he of life's tempest, naught of its pain or sting,  
 Pride and joy of the household, and heir of the kingdom, he;  
 "For unless," said the loving Master, in that day so long ago,  
 His tender hand in blessing on the dark curls' clustering grace,  
 "Ye shall become as children, trusting, and pure as snow,  
 In My Father's heavenly kingdom ye sha'l not find a place."

## HIS PEDIGREE.

Pedigree? Well, what matter? We tread one common soil;  
 Alike we shrink from darkness, and joy in the light of day;  
 And when this life is over, kings and the sons of toil,  
 Treading one after another, we go the common way.  
 Still, here is his Elder Brother's—His who once vanquished death—  
 And this little lad's is like it, Prince of the Royal blood;  
 For as the Scripture readeth: "Which was the son of Seth,  
 Which was the son of Adam, which was the son of God."  
 ELIZABETH ROSSER.

† See Frontispiece.

## The Baby's First Bath.

DR. MARY WOOD-ALLEN, in the *New Crusade*, gives the following valuable directions for bathing infants: "When the baby arrives, he should at once be protected from the loss of vitality, by being covered with a soft flannel. As soon as his separate individuality is an accomplished fact, his eyes should be cleansed with water that has been well sterilised by boiling (this is very important, and its neglect is often followed by serious affections of the eyes, which may result even in blindness). Then he should be warmly wrapped, and allowed to lie quiet for some hours before being put through the arduous process of bathing and dressing.

"It is often best to give the infant only olive-oil baths for the first few days, though the mouth and eyes should be cleansed daily with sterilised water. The soft linen cloth or piece of absorbent cotton used for this purpose should at once be destroyed.

"To give a full bath, first see to it that the temperature of the room is at least 80°, and the water 100° by the Fahrenheit thermometer. Don the bath apron of soft flannel or Turkish towelling, place the bath towel upon your lap, and take up the child, also wrapped in a towel. Have a slightly beaten egg in a china bowl, and smear it over the child, as this cleanses more thoroughly and with less irritation to the delicate skin than even the finest Castile soap. Lower the child, still wrapped in the towel, gently into the water. Then, placing the left hand at the back of the

infant's head and neck, with the right hand open the towel under water, and rub him thoroughly in every part, being careful to rinse off every particle of egg.

"After a few minutes of brisk rubbing, lift him quickly to your lap, leaving the towel in the tub, and wrap him expeditiously in the folds of the bath towel. You can then leisurely dry the body, patting gently instead of rubbing. When the baby is entirely dry, apply powder with the powder-puff to every fold and crevice, in order more completely to dry the parts. Let no mother think, however, that the powder can ever take the place of cleanliness; it simply completes the drying process. A most reliable powder can be made from one part bismuth subnitrate, one part

boracic acid, and two parts cornflour, finely pulverised, and thoroughly mixed by repeated siftings. If any skin irritation or indication of eczema is manifested after cleansing the parts, apply a simple ointment.

"The regular baths of the baby should be given when the stomach is empty, and the child should not be taken out of doors immediately afterward. The temperature of the water should be gradually reduced until the child of two years has a bath at from 85° to 88°, as gauged by the thermometer, never by the mother's sense of feeling. These cool baths are tonic, and preventive of colds, but the after effects should be closely watched, to see that a perfect reaction is secured."

## JUVENILE SMOKING.

BY M. E. OLSEN.

THE streets of our cities scarcely present a more deplorable spectacle than the troops of boys hardly out of petticoats, puffing away at those detestable cigarettes. That the habit is making gigantic strides among our children and youth, and constitutes a serious menace to the nation, does not admit of doubt. Figures do not lie. According to the official returns, the per capita consumption of tobacco in Great Britain is fifty per cent. greater than half a century ago, and this enormous increase is considered to be largely due to the vast army of juvenile smokers which has sprung up in recent years.

Injurious as it doubtless is to adults, tobacco works far greater havoc among the youth and children, who are more susceptible to the poison it contains. In this country the evil does not appear to have agitated the public mind to any great extent; but in America, tests were made years ago in the public schools and universities, with the result of settling it as a fact beyond dispute that cigarette smoking

is ruinous to the normal development of the youth, whether regarded from a mental, a spiritual, or a physical point of view.

Of one hundred and twenty Chicago boys addicted to the habit, whose cases were investigated, only eight per cent. were able to keep pace with their classes. About a fourth part said they were unable to learn their lessons, because most of the time they were "too sleepy;" thirty were troubled with dizziness; many could not write because of trembling hands; a number "felt shaky" when they walked, and were unable to run any distance; nearly all had headache.

Dr. Seaver, of Yale University, conducted careful investigations, extending over nine years, and reported that he found the smokers decidedly inferior to the non-smokers, both in scholarship and in athletics.

Dr. Hitchcock, of Amherst College, reported the results of similar investigations as follows: "In separating the smokers from the non-smokers, it appears that in

the item of weight, the non-smokers have increased twenty-four per cent. more than the smokers; in growth in height they have surpassed them thirty-nine per cent., while in lung capacity there is a difference of 8.36 cubic inches in favour of the non-smokers."

In view of well-established facts such as the foregoing, is it not high time that the fathers and mothers of this country were

awake to the situation, and were putting forth earnest efforts to save the children from this harmful habit? Is it not time, indeed, for the general public to take radical measures to stamp out a vice which is undermining the health and manhood of the nation?

We reserve for a future occasion the consideration of the moral effects of cigarette smoking on children.

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## DRESS FOR HOUSEWIVES.

BY DINAH STURGIS.

To dress in one's home so that one can do her work from cooking to cleaning, and be presentable at all times in the eyes of her family and those of chance callers at the front as well as at the back door, is really quite a problem. Yet it can be solved, because it has been solved. A house-dress of inexpensive print, neatly made and scrupulously clean, is always presentable. The old "stuff" dress, strained in the seams, frayed at the wrists and about the feet, worn under the arms, and often, alas, repulsively stained by perspiration, and spotted from top to bottom, is not only unpresentable, but inexcusable. It looks truly inexcusable when put down in cold black and white, does it not? It would seem unnecessary to describe such attire if it were not that many genuinely good women wear just such a garb when "about the house."

Women who do housework should wear washing dresses until after the cooking is done for the day. All other materials absorb odours. To make cotton dresses warm enough for cold weather, it is only necessary to wear warm undergarments, which can go into the laundry with impunity often enough to keep them clean and sweet.

Cotton dresses can be and should be attractive. It takes no more time to make a pleasing dress than to make a hideous one. It takes no longer to wash and iron

a dress that is attractively made than to wash and iron an ugly one. The house-worker's house-dress should clear the floor easily all round. It should never be necessary to lift it in walking over a freshly-washed or oiled floor to keep the skirt clean. It ought not to be necessary to say that the women of nice instincts cannot bear the thought of wearing a dress bedraggled about the bottom. The house-worker's dress should have sleeves short enough to allow of their being worn without being turned up, no matter what the kind of work, or else they should be made to button down the inside of the arm, or to gather at the wrist over an elastic, so that the sleeves can be turned up out of the way without straining them about the wrists. The sleeve that ends just below the elbow and is not so full at the lower edge that it can get in the way is so convenient that the woman who once tries it, never goes back to the long sleeve for working use.

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PERFECTLY normal sleep is dreamless. When dreams occur, it is an indication of disturbance of the nervous system during sleep. Sleep is generally less sound with elderly persons than with children. The dreamless sleep of childhood is the normal state of the young, and should be regarded as normal for adults as well.

### Foods for the Sick.

IN choosing foods for the sick, great care should be taken, as a slight mistake may mean disastrous results.

For those who are very ill, gruels, broths, and fruit juices are excellent, as they are easily assimilated, and are much more nutritious and wholesome than beef tea and other meat preparations. Disease germs will not thrive in an acid fruit juice; thus fruit is a great help in sickness, giving tone to the system, and retarding the activity of germs.

Fresh fruit may often be served in such a way as to tempt the appetite of those who would not otherwise care for it. A number of things must be observed in setting a tray. Everything should be scrupulously clean, glasses shining, silverware polished, and the napkins neatly laundered. If it is to be a general tray, there should be a knife, fork, spoons, salt-cellar, a sugar-basin, toothpicks, and a napkin, besides the food. Always put the cold foods, such as bread and stewed fruits, on the tray first, leaving the hot foods until the last, being sure that they are well covered. In serving a special tray, avoid the use of unnecessary dishes.

There is danger of putting too much on the tray and of filling the dishes too full. A small amount, arranged with care, is far better than too much, poorly served.

LULU TEACHOUT BURDEN.

### The Hot Water Bag.

EVERY home should have a hot water bag. It is a whole medicine chest in itself, and is so inexpensive that every family can afford to have one. Is baby about to have convulsions? Apply a hot water bag to the spine. Does diarrhœa destroy its happiness? Place the bag on its abdomen. Has your little boy eaten unripe fruit? The dry heat will afford speedy relief. Think of the pain we endure, the headaches, the back-aches, the rheumatism, the

sciatica, and remember that heat applied to the afflicted part is better than liniments, plasters, or blisters. When pleurisy or pneumonia set in, the hot water treatment is so comforting, and so curative. Does a sprained ankle torment you? Flee to the hot water bag. In toothache and earache it is almost a specific. In congestions and inflammations it is a boon that no one who has once tried it will ever be without. A square bag is the most useful, but, in addition, a long bag for the spine should be purchased and kept in a handy place.—*Herald of Health.*

**An Inquiring Mind.**—A little East End girl who had hash for breakfast the other morning looked at the mouthful of her share long and earnestly, as she poised it on her fork. Then she passed it out of sight. But the mystery still engrossed her mind. "Daddy," she said, "what was hash when it was alive?"—*Cleveland Plain Dealer.*

### RECIPES.

**Fruit Avenola.**—For this use the freshly extracted or canned juice of currants, grapes, or cherries. Heat a quart of the juice to boiling, sprinkle in sufficient avenola to thicken (about one pint will be needed), cook for two or three minutes, and serve hot with or without nut cream.

**Broiled Tomatoes.**—Choose perfectly ripened but firm tomatoes of equal size. Place them on a wire broiler, and broil over glowing coals, from three to eight minutes according to size, then turn and cook on the other side. Broil the stem end first. Serve hot with salt to season and a little nut cream.

**Cream Whole-Meal Rolls.**—To one-half cup of cold cream add one-half cup of cold water. Make into a dough with three cups of whole-meal flour, sprinkling in slowly with the hands, beating at the same time, so as to incorporate as much air as possible, until the dough is too stiff to be stirred; then knead thoroughly, form into rolls, and bake.

**Rice Mould with Prunes.**—Mould well-cooked rice in a cup, and serve with prunes which have been stewed until tender. Arrange the prunes around the rice mould, and pour the juice over them.

# EDITORIAL.

## Our Platform.

GOOD HEALTH is published in the interests of health and healthful living. Thoughtful physicians have long since declared that disease is a result of the transgression of natural laws. It will be the aim and purpose of this magazine to set forth clearly and simply those great, Divine laws which lie at the foundation of physical happiness. We would remind men and women of their high origin and calling as children of the Most High, formed in the Divine image, and would urge them to reverence their bodies as the temples of God, to keep under evil passions, to conquer depraved appetites, and to live in all respects in harmony with the laws of their being.

The great Creator desires His children to have health. Of this we need no further proof than the fact that, with very few exceptions, all receive at birth a generous endowment of this treasure, and are through life surrounded with health-giving agencies, such as sunshine, fresh air, and abundance of good food from nature's storehouse.

It is man's duty to husband his resources, and make the most of the capital stock of health lent him. Some men do not know how to do this. We hope in GOOD HEALTH to give them the necessary assistance. What we desire to do for each of our readers is to show him how to increase his deposits in the bank of health, and make smaller drafts upon the principal. This will involve the adoption of right habits of eating, drinking, dressing, and living generally; for the man who would have health must live for it.

We recognise that we are not alone in this work. Other reform agencies are in the field, and we rejoice in all that is being done to benefit and uplift humanity.

It will be our desire to co-operate with all our fellow-workers in the cause of reform, and we hope in turn for their kindly help and co-operation.

## The Morning Bath.

THE physician is often asked to prescribe a tonic that will increase the appetite, promote digestion, and stimulate the various functions of the body. In such cases some bitter draught or other compound is expected, and the patient willingly pays the doctor's fee, and swallows the unpleasant medicine. Most, if not all, of the drugs used as tonics are of a harmful nature, and often do a great deal of injury. They irritate the stomach and other digestive organs, and produce a physical condition worse than that for which they are taken.

But it is not necessary to resort to harmful drugs, for there are natural tonics, which are more efficient, and produce only beneficial results. Among these is the cold, morning bath, one of the most powerful tonics known. It needs only to be tried to be enjoyed, and it ought to be accessible to all.

The cold morning bath may be taken by a quick dip in a tub of water, or in the form of a sponge bath. The first is more invigorating and stimulating, and might be too powerful for feeble persons or those unaccustomed to bathing. But for strong, healthy people, a cold plunge cannot be too highly commended. It should be followed by a friction rub with a coarse towel, or vigorous exercise until the skin is dry. The plunge in the water should occupy but a moment. In some cases it might be well to modify the temperature slightly by adding a little hot water, but this is seldom necessary unless the water is very cold.

Those who do not have the conveniences necessary for a full bath, and those who

are unable to enjoy such a powerful tonic, should take a cold or tepid sponge bath, followed by vigorous friction. The effect is much the same, but not so pronounced. In both cases the treatment should be taken in a cool room, and the movements should be brisk.

A cold bath not only invigorates the system and encourages physical processes, but also serves to protect the body from taking cold. It increases the resistant forces, and fortifies against disease, especially those forms which attack the organs of breathing. The circulation of the blood is stimulated, and the skin glows with health. The activity of the lungs is also increased, as evidenced by the deep breaths taken.

### How to Avoid Tuberculosis.

WE summarise the following excellent directions, which everyone should carefully observe, from the *Journal of the American Medical Association* :—

1. Avoid resorts devoted to the treatment of consumptive patients.

2. Summer and winter, women must wear skirts that clear the ground by not less than four inches, and five or six would be better. Avoid all kinds of fur or soft trimmings around the lower border of dresses. Note the filth, especially the sputum, on sidewalks. Skirts dragged through this are taken home, dried, brushed and cleared, and then infection is introduced into the household. Especially reprehensible is the prevailing fashion of long *en train* skirts.

3. Do not move into a house where your predecessor was tuberculous, without an efficient disinfection of the premises. To secure such disinfection have the walls cleared of old paper, and wash with a solution of mercuric chloride, 1 to 1,000. The woodwork should be painted after cleaning with this solution, and all the floors thoroughly saturated with it. The solution is a poison.

4. Do not share a consumptive's bed, nor use the personal property, including dishes, belonging to one.

5. Avoid tuberculous foods. Fowls and cattle are found to be especially susceptible to tuberculous infections. Milk, especially that for children, must be from cattle free from infection.

6. Never put coins or other money in the mouth.

7. Never use a pipe or a wind instrument belonging to a consumptive.

8. Probably the most important of all is to see that the digestive functions are kept in perfect order. Dyspepsia is more often a forerunner of tuberculosis than any other disease.

9. Spend as much time in the sunlight and open air as possible. Keep sleeping and living rooms well aired and filled with sunlight, which acts as a powerful destroyer of the germ.

10. If possible to choose the site of your home, locate it on porous soil; if not, see that the drains are perfect.

11. Protect all raw or wounded surfaces from any possible tuberculous infection.

12. Do not forget that most cases of consumption comes from preceding ones.

### Prevention and Treatment of a Cold.

A COLD in the head, although often a trivial matter, is not infrequently the beginning of a serious or even fatal illness, and consequently should not be neglected.

To avoid taking cold it is necessary to maintain a high degree of physical vitality, and at the same time guard against exposure to cold draughts, wet weather, damp beds, close rooms, and similar evils. The vital processes of the body should be kept in a state of healthy activity, and the poisonous wastes of the system eliminated as fast as they are formed.

In order to have sound health the blood must be pure. This means breathing fresh air, drinking pure water, and eating whole-

some food, for all these go to make the blood. Fruits, grains, nuts, and vegetables are the foods best suited to the needs of the body. They are also the most nutritious as well as the cheapest.

Exercise is no less important, for it enables the body to use the food eaten. Otherwise the system soon becomes clogged with poisonous substances, and thus rendered susceptible to disease. We would also recommend the cold morning bath. It at once starts a vigorous circulation and serves to tone up the muscles and other organs.

#### TREATMENT.

As soon as you feel a cold coming on, lay aside work, and take treatment. Stop eating for a day, taking nothing but water and fruit juices. Cleanse the bowels with a full, warm, soap-suds enema, and then take a hot leg-bath. For this purpose a

deep pail may be used. Have the water as hot as you can bear, adding a little mustard if at hand. More hot water should be added from time to time. While soaking the feet, drink three or four glasses of hot water, or hot, home-made lemonade. A cold compress should be applied to the head.

If this treatment is properly given, free perspiration will result, and almost instant relief be experienced. Now sponge the entire body with tepid or cold water, and follow with a vigorous rub, using a rough towel. Then lie down in a warm bed with a hot bottle applied to the feet. It is well to darken the room, but an abundance of fresh air should be secured.

Such simple treatment followed by rest and abstinence from food will usually abort the cold. For a few days the diet should be light and very simple, consisting largely of fruit.

## QUESTIONS AND ANSWERS.

Our correspondents are requested to enclose a penny stamp with their questions, as it is often necessary to answer by post.

**Flat Taste.**—H. H. has a flat taste at times. 1. What is the cause? 2. What are the best hours for two meals a day?

*Ans.*—1. Indigestion is a common cause; decayed teeth and neglect to keep the mouth and teeth clean also produce a bad taste.

2. We would suggest breakfast at half past seven and dinner at three.

**Paralysis.**—A. E. tells us of a case of one-sided paralysis due to a clot of blood on the brain, and asks if the cause of trouble could be removed.

*Ans.*—It sometimes happens that the offending clot is absorbed, and then improvement usually takes place, and the affected limb is restored to usefulness. If the clot is a recent one and accessible to the surgeon's knife an operation might prove successful.

**Constipation.**—T. B.'s chief trouble is constipation, and she wants to know if galvanism would benefit her.

*Ans.*—Yes, the galvanic current not infrequently yields good results, provided the treatment is given by a trained nurse. But even then the diet must receive attention, and suitable exercise enjoined.

Unless otherwise contraindicated, coarse breads

and an abundance of fruit should be taken. Fresh apples, pears, grapes and other fruits are excellent, also the same is true of ripe melons. Sewed prunes and figs are also helpful. Drinking a glass or two of water or eating a couple of oranges an hour before breakfast is often productive of good results.

**Sore Eyes.**—B. writes that a young girl has had sore eyes since a baby. Now they are red, and scabby along the lids. What should be done?

*Ans.*—The child doubtless has a chronic inflammation which has been too long neglected. Careful attention to cleanliness is essential. Wash the eyes three times a day with clean, tepid water, using great gentleness. It is well to let the water run into the eye with the girl lying down. If crusts form over night, they should be softened with warm water before attempting to remove them. After washing the eyes apply two drops of a solution of boracic acid, ten grains to the ounce, which can be obtained from the chemist. A medicine-dropper should be used to introduce the wash. If such simple remedies do not suffice, a competent oculist should be consulted.

# Good Health

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and the Principles of Healthful Living.

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## Our Name.

GOOD HEALTH is the name of the pioneer health journal of America, which has now reached its thirty-sixth year of publication. The editor, J. H. Kellogg, M.D., is well known both as a writer on hygiene and kindred subjects, and as superintendent of the Battle Creek Sanitarium. Through the courtesy of Dr. Kellogg and the publishers of the American *Good Health*, we are permitted to use the same title for our British magazine. This is quite fitting, seeing that we expect to set forth the same principles of hygiene and healthful living, and work for the same object.

We hope everybody will want GOOD HEALTH, and assist us in giving it a wide circulation. It will be sent an entire year to any address for the small sum of 1s. 6d., post free.

## December "Good Health."

WE feel that we have come short of our expectations in the present number of GOOD HEALTH, and we beg the indulgence of the kind reader for deficiencies that have occurred. This is scarcely a fair sample of what we hope to make the magazine, but our time has been limited, and the work necessarily hurried.

Permit us to call your attention to the DECEMBER number which is now under preparation, and will be out in the course of a month. It will be full of valuable instruction of just the kind that is needed in every home and by every person. All the matter will be presented in a practical

way, and so simple and plain that every one can understand, and be able to put the principles to the test.

December GOOD HEALTH will contain an important article from the pen of Dr. J. H. Kellogg, on "Water a Rational Remedy for Disease." The vast experience of the doctor as superintendent of the well-known Battle Creek Sanitarium enables him to treat the subject in an interesting and practical manner. He says that "water acts upon the body, and the body reacts to it. A drug does not act upon the body; the body simply acts upon the drug to get rid of it." Again he writes, "Water is a wonderful thing, because it sets nature to work; it controls and modifies the natural healing power of the body." But you must read the article for yourself.

It is our intention to deal with one of the more common diseases each month, giving briefly the leading symptoms, and treatment. As winter is coming on we have selected Bronchitis or inflammation of the air-tubes of the lungs, for December. The remedies suggested are exceedingly simple.

An article on "The Cost of Consumption" contains some startling statistics which will be a surprise to most people. The tremendous cost of the "Great White Plague" in life and gold is little realised.

"Round-Shouldered Girls" is written by Dr. Mary Wood-Allen, editor of the *New Crusade*, and it alone is well worth the price of the magazine. Every mother in the land ought to read it, and get the benefit of Dr. Wood-Allen's long experience.

But space forbids even mentioning "How to Prepare for Cold Weather" by Dr. Paulson, "My Short Dress" by Miss Evora Bucknum, and the many other good things which we are planning for December GOOD HEALTH.

We would suggest that you order early of your agent or send in a year's subscription so that you will make sure of obtaining a copy.

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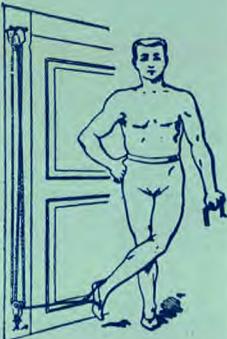
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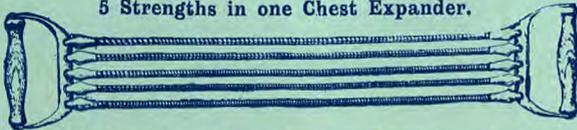


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