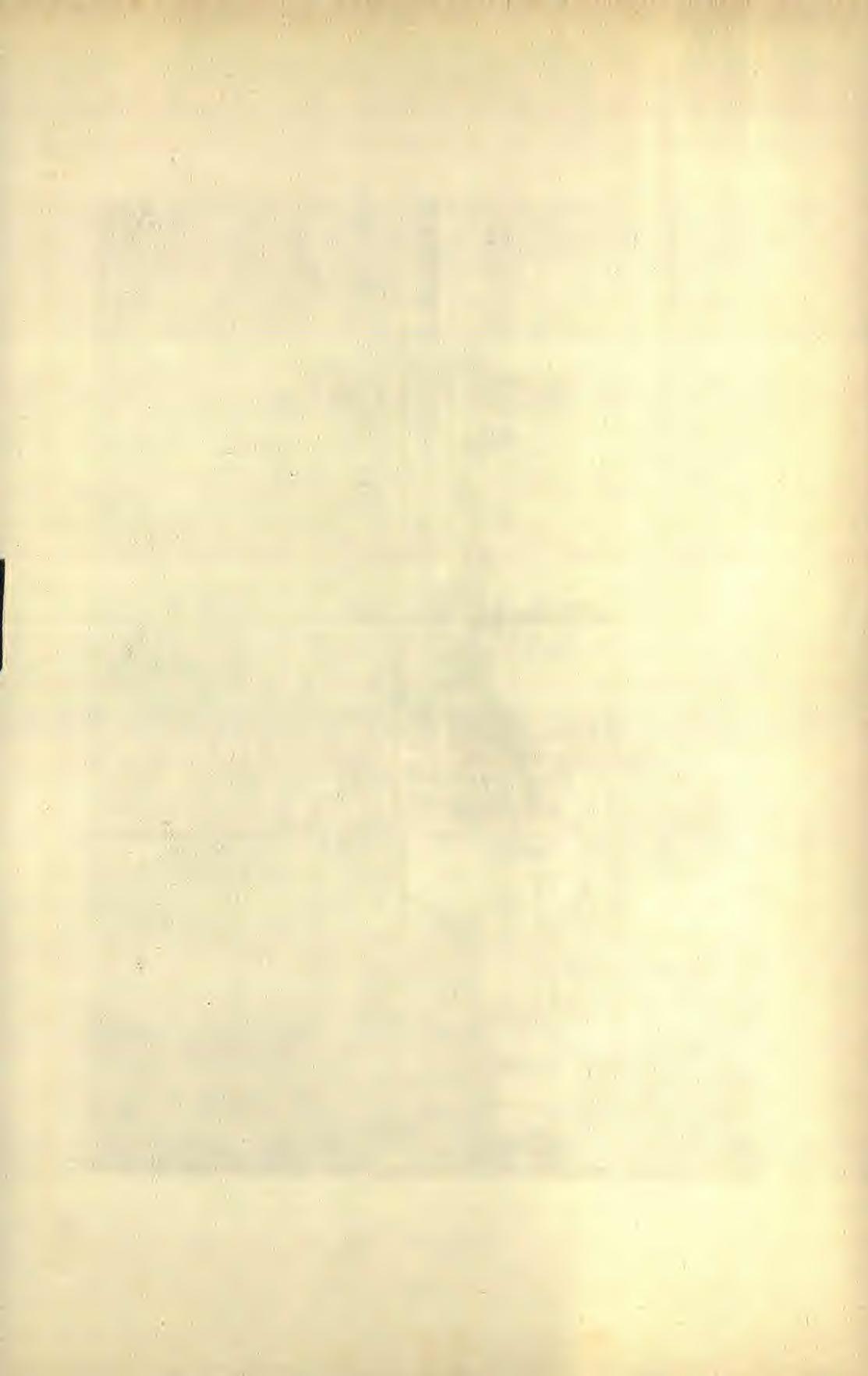


GENEVA LAKE SANITARIUM, BATHING IN THE LAKE.



# Good Health

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

Entered at Stationers' Hall,

Vol. 5.

September, 1906.

No. 4.

## Editorial Chat.

**Death from Headache Powders.**—A Pittsburg woman recently died in great agony after taking some headache powders. An analysis of the contents of the stomach indicated the presence of enough acetanilid to kill ten persons.

**Millions for Tobacco.**—According to statistics, about £14,000,000 is wasted every year in Great Britain on pipes and tobacco. In our opinion, an equal sum would not compensate for the physical deterioration and the evil effects upon the mind and body produced by the poisonous nicotine.

**The Medical Education of the Public.**—GOOD HEALTH stands for the education of the public in matters of health and hygiene. It believes that the more thoroughly a man is educated in reference to health principles, the more easily will he so regulate his life as to escape the inroads of disease, and in case of attack, the more intelligently will he be able to co-operate with his physician in bringing about a cure. A great many physicians are working along these lines, and more will join their ranks in the near future. Perhaps no one has voiced this sentiment more clearly than Richard C. Cabot, M.D., of Boston, in a paper on "The Renaissance of Therapeutics," read before the Norfolk (Virginia) Medical Society. Dr. Cabot said in part:

"By slight, hardly noticeable steps [in the direction of educating the public] we have arrived at a standpoint commanding a prospect that would have astonished our

fathers. We are teaching the public medicine as fast and as far as we can. The fear of alarming them, of leading them to brood over imaginary ills and to attempt recklessly and disastrously to doctor themselves—all these fears prove groundless. Why? Because the public has already drunk as deep as it can of the ills which we are now so fearful lest they taste."

**Patent Medicine Lies.**—"The public is already as groundlessly and nervously alarmed about disease as they can be made by the skill of advertisements intended to produce just this effect. So long as our newspapers are crammed with such statements as that pain in the back or frequent micturition means kidney disease, that headache means brain disease, that pimples mean blood poisoning, and that varicocele means lost manhood, so long, I say, as these malicious lies constitute the whole stock of information about health and disease received by the public, we need not fear that by spreading a little verifiable truth about disease and its cure we shall poison the public mind."

**Popular Hygiene and the Physician.**—Referring to a very common though erroneous belief among medical men, he said: "Equally groundless is the belief that by teaching the public the principles of therapeutics we shall lead them to try to do without the guidance of a physician. For with that evil also they are already tainted past all hope of escape. The \$75,000,000 annually spent on 'patent medicines' testifies to the truth of what I

say. The public will have some ideas about health and disease anyway, and the less we do to present true ideas the more absolute will be the sway of the false and pernicious legends which are now foisted on them. The people will doctor themselves anyway, many of them, and the blacker their ignorance of health and disease the more they will do it and the worse will be the result.

"Professor Councilman, of the Harvard Medical School, said to me a few weeks ago: 'The first business of a medical teacher is to teach the public—if we want to get rid of disease; his duty to the physicians and to the medical students is less vital, less immediate, if the health of the community is what we seek.' This is radical doctrine, but I believe it is the application of this doctrine that is doing most to make therapeutics really effective to-day."

**How Placebos Lead to Patent Medicines.**—Drug therapeutics, according to Dr. Cabot, will never again hold the "unquestioned sway which they commanded before the rise of physical therapeutics. Moreover he claims that the habit of giving placebos and of prescribing a medicine for every symptom leads straight to the 'patent medicine' habit.

"Why do people take 'patent medicines' and expect us to give them a drug for every symptom? They were not born with a desire for nauseous mixtures. They acquired it under instruction, ultimately our instruction. From the patient's point of view, the net result of the doctor's expensive visits is too often a row of medicine bottles on the shelf. The thrifty patient thereupon thinks he sees a way to get the net result of the doctor's efforts without so much expense. Why not save the middle-man, he says to himself, and get the goods direct? So arises the habit of going to apothecaries or to 'patent medicine' vendors for a cure. When we stop giving placebos, cease acting as middlemen for drug-makers, and admit to their rightful place the non-medicinal branches of therapeutics we shall deal a powerful blow at the 'patent medicine' evil."

We are not able to quote further for

lack of space, but the whole address is most excellent. Of Dr. Cabot we can only say, may there be many like him.

**Cremation.**—It would appear from public statistics that cremation is making very slow progress in this country.

476	bodies	were	cremated	in	1903,
506	"	"	"	"	1904,
604	"	"	"	"	1905.

From a hygienic and sanitary standpoint we are bound to favour cremation. The pollution of the soil that is brought about by ordinary burial certainly cannot be justified on sanitary grounds.

Of course custom and sentiment are absolutely opposed to cremation, but even from the standpoint of sentiment we can see no real difference between cremation and burial. One is a rapid process of disintegration; the other a longer one of disintegration, brought about by putrefaction; both methods finally reducing the body to dust.

**Physical Deterioration.**—The *British Medical Journal* in a recent issue has some thoughtful words on the much-mooted subject of physical deterioration. While granting that it is difficult to determine to what extent the downward tendency has made itself felt, it points out that the evil becomes more and more threatening. "The history of recent wars has shown that in non-mensurable and imponderable qualities, such as brute courage and what is called staying power, we are appreciably inferior to the men who fought under Nelson and Wellington. This is the inevitable result of the more luxurious habits and finer sensibilities which the advance of civilisation brings in its train."

Reference is further made to a recent statement of Sir Frederick Treves that the nervous system is rebelling as the result of the rush and wear and tear of modern life. "To many observers," the writer continues, "our people seem to present many of the social failures which marked the beginning of the decay of Rome. Now, as then, luxury and effeminacy have taken the place of the robust, if coarse, virility of an older time." The message for such an age is, "Back to nature."

### The World-Wide Prevalence of Cancer.

—In his oration on "The Nature and Progress of Malignant Disease," given before the American Medical Association last June, Dr. Joseph Bryant, of New York City, set forth some interesting facts in reference to cancer, a disease whose steady increase in recent years has awakened serious apprehension on the part of our foremost medical men.

"Cancer," says Dr. Bryant, "is a general and not a local variety of disease. The field of its activity is quite as extensive as is the world itself. The vertebrate order of creatures is more or less afflicted with cancer throughout the entire classified series. The highest vertebrate orders of life suffer from cancer more than do all the other orders combined. The civilised and domesticated classes of higher rank suffer more from this form of infliction than do those of lower rank, or of the natural state. Mankind everywhere pays distinctive vital tribute to this disease; not, however, in equal proportions, but *in accordance with the standard of the civilisation of which he is a part. The higher the standard the greater is the contribution to malignant fate; the humbler and more natural the standard the less onerous is the demand.*" (Italics ours.)

### Conditions which Favour Cancer.

—These italicised lines may well claim our serious attention. While the precise cause of cancer is still unknown, it is plainly evident that the artificial conditions which obtain among the nations of the highest civilisation form a favourable soil for the growth of this and scores of other deadly diseases. Prevention, broadly speaking, must therefore consist in the return to a natural and wholesome manner of living. Every time an individual gives up some form of harmful indulgence, cuts off an evil habit, or plans for a larger amount of outdoor activity, he is putting himself that much farther beyond the reach of cancer and all similar maladies. Healthy tissues, able to resist the inroads of disease, are the offspring of wholesome, natural habits. The return to nature is the true return to health. The simple life

is in a general way the nearest approach to a solution of the cancer problem.

### Increase of Insanity in Cape Colony.

—Insanity is steadily increasing in Cape Colony, according to Dr. T. Greenlees, medical superintendent of Grahams-town Asylum. He stated in a paper read before the local branch of the British Medical Association that the number of certified insane in Cape Colony in 1890 was 572, and on June 30, 1904, it was 1,744. This indicates a rate of increase for the insane almost double that of the whole population. In other words there was in 1891 one insane person to every 2,189 of the population; while in 1904 there was one to every 1,381.

### Alcoholism a Chief Cause.

Dr. Greenlees contended that alcoholic intemperance and heredity are the chief factors in the increase of insanity. Heredity was the cause in 13 per cent. of the cases under review; alcohol accounted for 25.4 per cent. of the male patients, and 4.08 per cent. of the women. After the reading of the paper the association expressed itself in the following resolutions:

*That*, this Eastern Province Branch of the British Medical Association recognises the serious increase of insanity in this colony, and is of opinion that this increase is, to a large extent, due to the excessive use of alcoholic stimulants in a form that can neither be considered a food nor a medicine; further, owing to the form in which it is usually sold, it is more of a poison to both body and mind than a stimulating luxury.

*That*, this Branch urges upon the Government of the colony in the interests of health, both present and future, of the people, to so discourage the consumption of alcohol as a beverage, by means of increased taxation or such other means as the Government may think fit, as will be an inducement to temperance, in the hope thereby of diminishing crime, poverty, and insanity, all of which are mainly caused by intemperance.

*Further*, that provision be made for the teaching in our schools of the simpler laws of hygiene, and the evils and dangers of intemperance.

Legislation of this character, it need hardly be added, is needed here at home as well as in the colonies, and no less is there need of continued earnest and untiring efforts on the part of the numerous temperance organisations which have already done so much to agitate this matter.

## THE OUTDOOR CLUB.

BY M. ELLSWORTH OLSEN.

PERHAPS the most alarming feature of our modern civilisation is the ever growing tendency to an indoor life. Year by year we are getting farther away from the soil, from the sunshine and the open sky. Life is ever becoming more complex; we are multiplying our comforts and luxuries at the price of liberty and health. Our houses by their elaborate furnishings tempt us to remain inside when we ought to be out under the open sky breathing in life and energy at every pore.

Our modern methods of travel minister to the indoor spirit. The old stage-coach with all its discomfort and inconvenience was at least an outdoor affair. Nowadays we are carried from end to end of Great Britain, or to distant points on the Continent, tightly boxed up in little compartments and without making so much as one wholesome contact with mother nature. We spend our days in office, shop, warehouse or factory, and our evenings in ill-ventilated living rooms, or at the club or public-house, or perchance in a stuffy theatre. Our lives are distinctly indoor lives; we breathe continually a devitalised atmosphere, and pay the penalty in a want of sturdy energy and hardiness which is appalling.

It is largely as a result of indoor living that harmful and luxurious habits have sprung up, and along with them all manner of diseases. While men lived active, outdoor lives, their appetite generally called for coarse, wholesome fare, and their lives were comparatively free from artificial cares and worry. They lived the simple life without knowing it, and were blissfully ignorant of the headaches, bilious attacks, and nervous breakdowns so frequent in our day.

We have wandered so far from the straight path that we have almost forgotten the way back. Nevertheless, the very multitude of the diseases which afflict the modern world have in a sense driven us back to nature for a remedy. The era of physiological therapeutics has accordingly arrived. For instance, medical men are universally agreed that outdoor living is the proper cure for consumption of the lungs.

Only the other day it was the writer's privilege to meet a young man who was the very embodiment of health and energy, with a clear complexion, splendid chest development, and muscles like steel springs. Yet this man was only a few years ago a much-pitied victim of pulmonary consumption. Open-air living, day and night, with all-round physical culture, has entirely cured him of that dread malady, and, what is more, has given him a physique which is the despair of his friends and associates. But he made earnest work of regaining his health. For years he has slept in the open, or under a light canvas, and to-day no amount of persuasion will induce him to pass the night in a bed-room.

Consumption is not the only disease susceptible of successful treatment by open-air methods. Nervous disorders of various kinds, chronic ailments of the digestive organs, and depleted vitality in general, all these have yielded to the magic influences of sunshine and fresh air. Delicate children have become strong and hardy, and invalids of many years have regained their health through this return to the bosom of nature.

No doubt the near future will witness a marked advance in the treatment of a large variety of diseases by open-air methods. Certainly preventive medicine cannot find a more faithful ally than the great outdoors. Nothing will so surely fortify the system against the inroads of disease and build up the health of every organ as living close to the heart of nature.

Now there is urgent need of enthusiastic propaganda of outdoor principles. Men and women are on the down grade physically largely because they have lost the outdoor instinct. They must be led back to nature, and learn to delight in the fresh air and the sunshine, and the trees, and birds, and flowers. They must turn their backs on the health-destroying artificialities and enervating vices of the city, and learn the beauty and attractiveness of a simple, natural mode of living.

The outdoor spirit is needed in every department of modern life. Outdoor work, especially on the land, should be held in



thusiasm in the outdoor life. In time, as the club grew stronger, it would be able to arrange for popular lectures on natural history and other subjects. It might also form a circulating library of outdoor books and a natural history collection. While the members were carrying out the principles of the club, and increasing their knowledge of this beautiful world we live in, they would at the same time be building up their own health, and ever approaching more closely to that perfect wholeness and hardiness which marks the healthy man. Indeed, it is difficult to

higher esteem. Outdoor recreation should be sought in preference to the often morbid and exciting amusements of the theatre and music hall. Outdoor principles should replace the hollow conventionalities that sicken and disgust in modern society, and impart new vigour and wholesomeness to the whole social structure.

Such are some of the things that need to be done. In order to work for these and allied objects, some simple form of organisation would seem to be desirable. Why would it not be well to organise an "Outdoor Club." The members of such a club would be united by the one strong bond of a common love for God's great out-of-doors. They would spend their leisure time as far as possible out under the open heavens. They would endeavour to interest others in outdoor principles. They would encourage all movements at work for similar ends. They would seek to secure for city-dwellers engaged in sedentary work facilities for outdoor recreation. They would work for a better ventilation of churches, halls, and other public buildings, as well as for more fresh air in the homes of the people.

The members of such a club would also interest themselves in the habits and ways of birds, plants, and insects, and in the whole field of nature study. Rambles through the country, excursions by rail, picnics, outing parties, and similar cheerful occasions would bring them together in a social way, and increase their en-

think of any safer or surer means of improving oneself physically than by joining a club of this sort. The healing influences at work in the great out-of-doors are of a most powerful though subtle and elusive nature, and outdoor interests, outdoor pursuits, and an outdoor spirit running all through the daily life, can accomplish wonders in building up the health of mind and body.

We shall have more to say on this subject in the future. Very likely a department will be opened in the magazine for the use of the Outdoor Club, should such an organisation be started. Meanwhile we shall be pleased to hear from outdoor enthusiasts who happen to be among our readers. The club should in time have branches in all parts of the Kingdom, with local secretaries who would put vim and enthusiasm into their work. There is therefore need of the assistance of everyone who believes in outdoor principles, and desires to see them prevail. Let us hear from all such if only by a postcard. We want to get in touch with you, and have your help and co-operation in this work.

—♦—  
 "LOOK for goodness, look for gladness;  
 You will find them all the while;  
 If you bring a smiling visage  
 To the glass, you meet a smile.

"Do not look for wrong and evil,  
 You will find them if you do;  
 As you measure for your neighbour,  
 He will measure back to you."

## GOOD HEALTH.

### SNEEZING.

BY F. C. RICHARDS, M.D.

#### The Significant Sneeze.

SNEEZING has for centuries been superstitiously regarded as a "sign" by different races of people in various parts of the world. Strange as it may seem, the custom of invoking a blessing on one who has just sneezed still exists in some places. This custom, which Jewish legends connect with the patriarch Jacob, leads one to suppose that the superstitious consider sneezing a divine intimation of evil which may be averted by solemn invocation.

With the Greeks, the sneeze was an omen of good. It was so regarded by Xenophon's ten thousand men on their famous retreat after the death of Cyrus, when so simple a thing as a sneeze at an opportune time saved a legion of Greeks from despair. So the sneeze is historical, and sneezing is therefore important, and certainly "not to be sneezed at." Moreover, it must be conceded that

#### Sneezing Always Means Something.

And when it occurs too often to be hailed as an omen of good, it must be an omen of evil. It may then be a sign of hay fever, of a "June cold," "summer catarrh," influenza, or cold in the head. Such furious fits of explosions as sometimes occur in these troubles, give evidence of irritation of hypersensitive nerves. This excitability may be an index of the state of the general nervous system, or it may be chiefly confined to one or more sensitive spots. These are often within the nose, and when touched with a feather or probe provoke an outburst of sneezing. This tickling is commonly caused by the inhalation of dust and irritating fumes of all sorts, including the pollen and odours of plants, by changes in the temperature and humidity of the air, or by the mechanical irritation due to pinching, pulling, rubbing, and blowing the nose. The nose is a vascular organ, and repeated congestions or "colds" tend to maintain an engorgement which presses upon, overheats and excites the nerve-endings. Occasionally, a thickening of the lining or frame of the nose, a deformity, polypus or other "growth," is the site of the irritation, or

the source may be back of the nose in the upper part of the throat.

#### Bright Lights and Colours Cause Sneezing.

But not infrequently the nose is not the offender. There lies at the back of the eye a normally sensitive spot which often responds to a flash of light by tickling the sneezing centre, thus producing a paroxysm. So a glance at the sun in his glory may suffice to make anyone sneeze—a fact overlooked at times by those in charge of children, who are prone to interpret sneezing as a sure sign of "taking cold," so wrap or cover more warmly when what is needed, perhaps, is protection from too strong light. When these naturally sensitive spots become hypersensitive from congestion of the head and "running of the eyes"—as is commonly the case in hay-fever—not only light but bright colours, or even a glimpse of the flower or weed that offends, may act as the spark that ignites the charge and produces a series of sneezes.

#### The Artificial Rose.

In still other cases the sensitive spot may be in some far-away place, congestion of which causes sneezing. Pains-taking search sometimes fails to reveal its exact location; or it may be found to exist only in the memory or imagination of the susceptible person. In one such case, reported by Dr. J. N. Mackenzie, an artificial rose produced violent sneezing in a sufferer from repeated attacks of "rose-cold," so called because the sight or smell of a rose always brought on the usual symptoms of a cold in the head. After being told of the doctor's ruse, this patient could look at and smell the "rose" without any trouble, although two roses were interchangeably used, the artificial rose and a real rose. Such patients are easily relieved by "mind-cure," or by anything in which they have "faith."

#### Sneezing Protects the Body.

Sneezing is closely associated with smelling, and with what is often called

tasting, for a large part of "tasting" is *smelling*. The nerves that distinguish flavours and odours are in the back part of the nose and upper part of the throat. These nerves are important guardians of the body community. When they have not been intoxicated or benumbed by unnatural practices, they detect and warn the brain of dangers in food, drink, and air. Thus the entrance of such irritating substances as foul air, germ-laden dust, tobacco-smoke, mustard, pepper, vinegar, and other hot viands and drinks, causes an alarm to be sent to the sneezing centre in the brain; this alarm is immediately followed by a message from the centre to the muscles and organs involved in the act of sneezing; this message produces, first, a stoppage of breathing, thus limiting the amount of objectionable material inhaled, then an explosive expiration, or sneeze, which hurls the invader out. This makes plain the purpose of sneezing. One sneezes in self-defence.

#### The Broken Hedge.

It is therefore of some importance to be able to sneeze on occasion. The decrease and loss of this power, as well as its exaggeration, are significant. In order to sneeze on proper provocation, the nerve-circuit over which the nerve-current passes must not offer too great resistance. As dead and paralysed nerve fibres do offer such resistance, both in-coming and outgoing messages must find "live wires" all the way. While it is true that the common cause of the loss of this reflex is nerve-ends benumbed or destroyed by smoking, mouth-breathing, wrong eating, and drinking, or some other unhygienic habit, it is also true that the numbness or other obstructing influence may affect any part of the nerve-arc over which the message must pass, including the nerve-cell, its central part. So if sneezing should not occur because of nerve-cells too feeble and dull to receive and generate, or nerve

fibres too dead to transmit nerve-currents, then nerve cells and fibres concerned in other more vital acts may be in like manner deranged. *The poisons are in the blood and the same blood bathes every part of the nervous system.* With some of these nerve-arcs we think, with others we see, hear and feel, still others control digestion, respiration and circulation, so that on the condition of all these nerve-arcs together, the quality and quantity of life moment by moment depend. How careful, then, one should be not to impair the delicate adjustment of this wonderful



THE "LOW" LIGHTHOUSE, LOWESTOFT.\*

nervous system by cultivating habits of self-gratification which give no real and lasting enjoyment. To do so is to destroy the body's God-given defences, and remember that "whoso breaketh an hedge, a serpent shall bite him."

*(To be Concluded).*

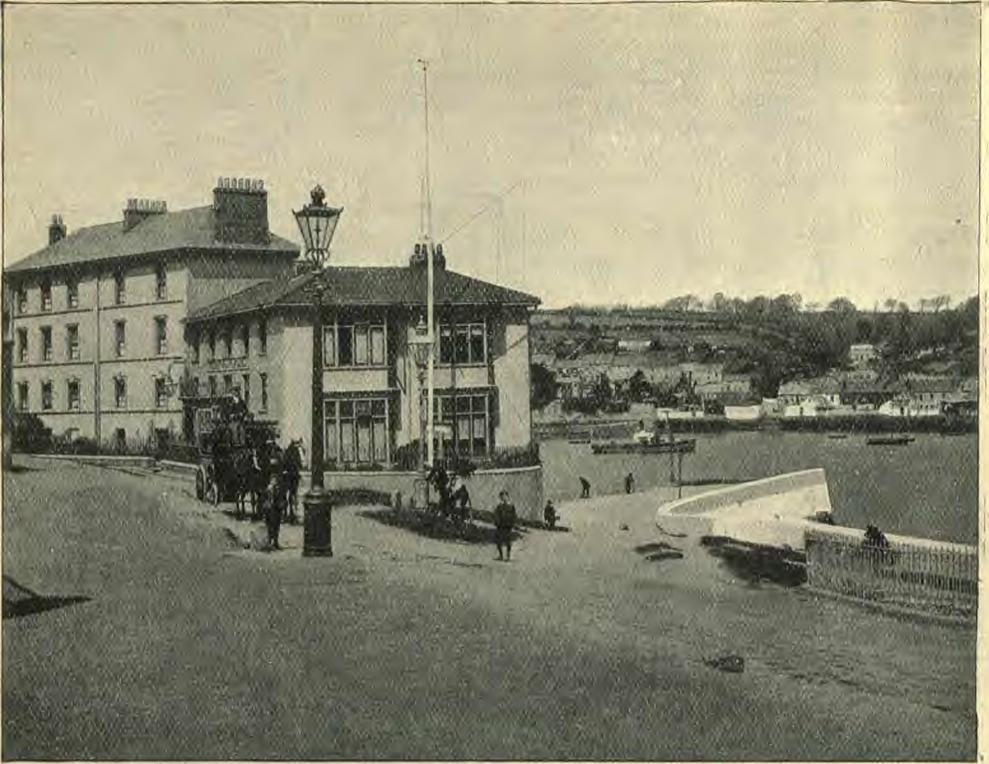
#### AUTUMN HOLIDAYS.

WHERE to go for an autumn outing is oftentimes a difficult question to decide, since there are so many attractive resorts nowadays, both at home and abroad, and the expense of reaching them is comparatively small.

##### Switzerland.

On the Continent Switzerland still maintains its high reputation, and there is scarcely any country that has more beauti-

\*Kindly lent by the Health Resorts Development Association.



FLUSHING, FROM GREEN BANK.\*

ful and majestic mountains, but hills and valleys and lakes, too, abound in Switzerland as well, and when crowned by the towering Alps with their snow-capped peaks, the scenery is almost perfect.

Our frontispiece this month gives a view of part of the water front of the Geneva Lake Sanitarium, which affords most delightful bathing facilities. This is a modern, up-to-date institution. It is well equipped for the care of invalids, but also makes a pleasant home for those who are looking merely for rest and recreation. It stands in a beautiful park of about ninety acres, and the grounds are well wooded with foliage and large, magnificent trees of various kinds. It fronts the beautiful lake of Geneva for a considerable distance, and beyond the lake rise the Alps. There is boating on the lake, and numerous steamboats ply up and down as well.

#### **Rostrevor.**

With the excellent means of transit that

we now employ, it is not such a "far cry" from Lake Geneva to Rostrevor, Carlingford Lough, Ireland, where a splendid farm of 130 acres, lying on the southern slopes of the Mourne Mountains has recently been acquired for the Belfast Sanitarium. The removal took place in June. The new institution will be known as the Rostrevor Hills Hydropathic. It stands about 400 feet above the lough, and the scenery from the institution is charming. The Rostrevor Hills Hydropathic is situated about a mile and a half from the ancient village of Rostrevor, and two and a half miles from the well-known watering-place Warrenpoint. Across the lough on the other side is Greenore, which is reached by steamboat service from Holyhead.

#### **Leicester.**

Turning to the cities, we ought to mention Leicester, one of the most enterprising towns in England. Situated on Regent Road and within five minutes walk of the

\*Kindly lent by the Health Resorts Development Association.

the beautiful Victoria Park we find the Leicester Sanitarium, which possesses one of the neatest, nicest, and most modern suites of bath-rooms that we know of. The institution is centrally located and easy of access from all parts of the country.

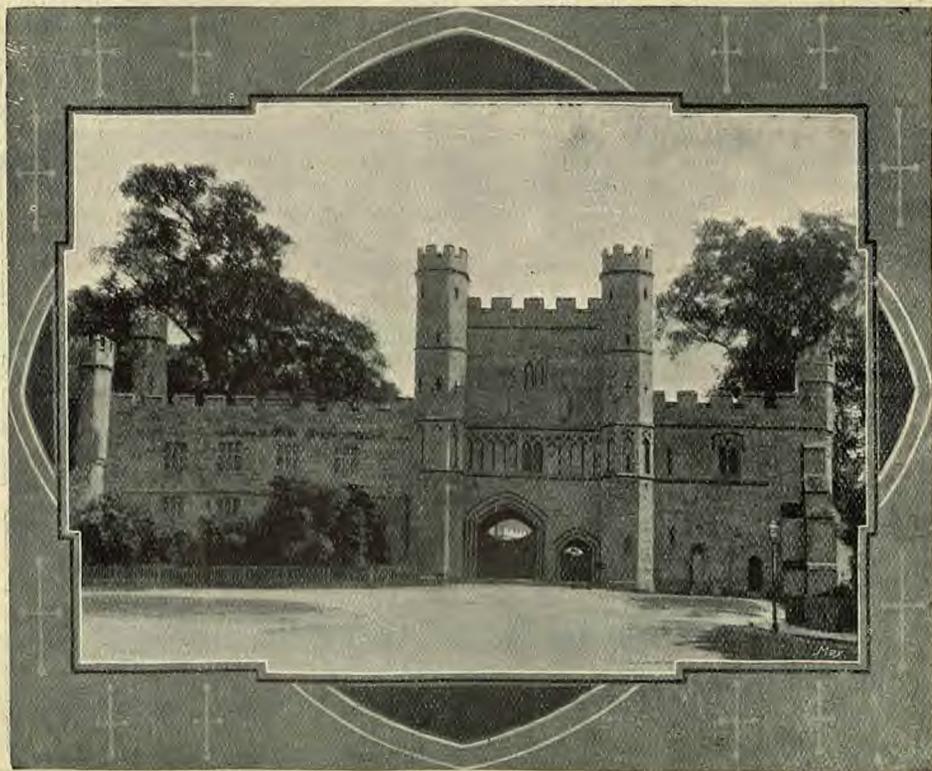
#### Caterham.

Surrey is known far and wide as containing some of the most beautiful hills in the country. Nestling among these charming hills, and lying at the top of the beautiful valley of Caterham is the Surrey Hills Hydropathic, which, since its opening a little more than three years ago, has enjoyed a large and growing patronage. One of the great advantages of Caterham is its close proximity to London, for the metropolis is reached by express train in about half an hour; still, there could be no more delightful country scenery than one finds in the vicinity of Caterham. The institution is well equipped with baths and treatment-rooms for guests.

Full particulars of any of these institutions can always be obtained by addressing a postcard to the secretary.

#### Lowestoft and Hastings.

Undoubtedly most of our readers are not in need of treatment of any kind, and to all such we can recommend some of the well-known watering-places on the coast, such as Lowestoft in Suffolk, which is widely known as a delightful seaside resort. Hastings, on the southeast coast, yes, and St. Leonard's, too, are charming watering-places. They possess many charms of great interest, and are easily reached from London by an excellent service of trains. Those who are partial to the Cornwall coast will find Falmouth a pleasant holiday resort. An excellent guide printed on enamel paper and beautifully illustrated can be obtained by addressing the town clerks, or in the case of Lowestoft the secretary of the Advertising Committee.



BATTLE ABBEY.\*

## THE RESPONSIBILITY OF MOTHERHOOD.

BY MRS. J. W. GILLMORE.

OF the many subjects which ought to be thoughtfully considered by ladies, the great question of motherhood should occupy a leading, if not the foremost place. If we for a moment were to realise what motherhood means, and what it involves to the individual as well as to the nation, we would surely not deem it unworthy of that quiet reflection which it deserves. A more important subject to occupy a woman's attention it would be difficult to find, and, indeed, every person should take heed with regard to it, in that if we are not mothers ourselves we have a mother, and other people have mothers.

### The Prevention of Evil.

Prevention is always said to be better than cure, and in this connection a great deal of the evil in the world might be prevented more easily than it can be cured. For instance: a child is born whose mother is physically imperfect; it may be that she has some chronic disease and has not lived according to the laws of hygiene—and how many mothers do, prospective and otherwise? How can such a child grow up to perfect manhood or womanhood? It seems doomed from the first to mediocrity both in physique and mentality. It is here that prevention steps in, or ought to, and so makes it possible to bring physically and mentally perfect children into the world, who, if brought up according to health principles, physical and moral, will be a credit to their parents and an asset the State.

### Preparation Necessary.

It is when we begin to estimate the universal importance of having healthy children—considering health will influence not only their entire lifetime, but all with whom they intermingle—that we begin to see the serious responsibility of motherhood. And although the fact of becoming a mother is fraught with so many far-reaching results, either for good or ill, is it not true to life that many and almost all young women enter into the state of matrimony without any earnest thought as to the world-wide influences resulting from

imperfect motherhood. For every profession in life we consider it necessary to have a certain amount of preparatory training. The prospective lady doctor will spend years of time and a large amount of money in fitting herself for her future, the musician will not weary of thousands of hours of practice on the instrument of her choice, and so on. Anyone who wishes to be successful will spend time, money, and labour in preparation for whatever line of life she intends to follow. Yet, think of motherhood, the most important of all woman's professions, if we may so speak of it. It is rarely prepared for, or even thought of by our marriageable girls. It seems to be a subject which is thought quite unnecessary and almost out of place to mention, while as for deliberate instruction or training in matters connected with family life, it is scarcely ever dreamt of. Indeed it is questionable if one young woman in every thousand ever has a thought on the subject. If she has, and has the courage of her convictions, she will probably not meet with many who will sympathise with her uncommon opinions. Alas! for womanhood, and for all she influences—and their name is legion—that for her most sacred and important calling she receives no previous preparation either physical or otherwise.

### Higher Education—Its Duty.

Higher education, so-called, entirely ignores the importance of study with regard to the probable future of the students. Girls are trained in literature, in art and science, but where do we find classes devoted to the study of the vital questions affecting the after life of the young woman? What line of study could be more noble than this, and how it would tell for good on the generation to come, if those of a marriageable age were wisely instructed in these matters. How many young ladies when about to leave our schools and colleges are in a proper state, physical or mental, to become wives? Is it not too true that the majority of girls enter this wonderful and sacred ennoblement of life absolutely ignorant of its duties, its privileges, and its

tremendous responsibilities? If marriage affected only the two souls who are united it might not seem so alarmingly serious a step, but, in the natural course of things, children come, and with them a great responsibility, because they will be healthy or diseased, perfect or otherwise, just according to how the parents have lived. Hence the importance of perfect parenthood.

#### **A Physically Regenerated Race.**

If we are to have physically regenerated children, we must first have physically regenerated parents. What more honourable position could a woman occupy than to feel she has given to the world a perfect child, untrammelled by disease or physical imperfection, having prepared for its coming by a course of careful training in physical, mental, and spiritual culture. The influence of this body-, mind-, and soul-training is of untold value, for it benefits the children in that they can be made strong mentally and physically. If the coming race is to be an improvement on the present generation we must prepare for it, and the preparation must begin with the mothers.

#### **Pre-Natal Influences.**

The effects for good or evil of pre-natal influence are not as yet half understood. We are far behind the reputation of the classic Greeks, who, "recognising the wonderful results attainable from pre-natal culture, placed about the prospective mother the finest statuary and pictures, so that their children should be physically beautiful, and, further, recognising how very much depended upon the state of mind of the mothers, they kept them cheerful and happy by delightful and uplifting companionship, music, and laughter." Many mothers do not as a rule receive that quantum of loving attention which their position deserves, and often when a woman most needs pleasing companionship is she left alone to worry and depression. If the seeds of discontent are thus sown, the fruit thereof will result in due season.

#### **Unwilling Motherhood.**

Unwilling motherhood may be described as the curse of the age. It may be from

the fear of suffering, but oftener it is because of the temporary seclusion from so-called society that we find this spirit of unwilling motherhood amongst us. What can be expected from children born of discontented, worrying, and nervous mothers? Is it any wonder there is so great a percent. of infant mortality when we consider the mental, never to mention the physical, condition of the women who have been the mothers? It is impossible in the space at my disposal to touch on many of the points connected with this enormously important question, but suffice it to say that, what with the wearing of corsets, improper diet, late hours, and want of exercise, some women have brought themselves to a condition in which it is nothing short of a crime to become mothers. This is a state which above all others requires and deserves—when its far-reaching results are taken into account—a thorough preparation, and should not be rashly or unthinkingly entered into.

#### **Pre-Natal Murder.**

Unwilling motherhood is no doubt the cause of so much pre-natal murder. Even an unfitness through lack of preparation for motherhood is not to be taken as an excuse for trying to avoid it. When a woman does this "she takes her life in her hand, all nature is against her, while all nature is on her side in normal maternity." A woman who finds herself wholly unprepared for a state into which she has already entered should, if she value her own life and health and that of her future offspring, begin at once to live right, and so seek to get her whole body, mind, and spirit in the right course. Only by so doing can she expect to be happy and healthful herself and transmit that excellent inheritance to her child. To conclude, the best way to prepare for motherhood is to so live and act as to be regenerating physically and spiritually, for then, and only then, are we working with nature in the truest and noblest sense, and with nature's God.



TOMMY—Pop, what is a hypochondriac?  
Tommy's Pop—A hypochondriac, my son, is a man who begins to get worried when he finds there is nothing the matter with him.—*Philadelphia Record.*



CORRECT POSITION.

### The Art of Ironing.

BY MRS. E. E. KELLOGG.

ARTICLES which have been thoroughly washed and rinsed, and well and carefully dried in the open air, do not require ironing on the score of either health or cleanliness. Indeed, there are those who claim that no ironed fabrics are so clean, so sweet-smelling, and, withall, so hygienic, as those which have been subjected only to the the action of the sun and air, and are laden with the ozone they have absorbed while drying.

Undoubtedly, much energy, as well as time, might be saved for other and more valuable things by dispensing with the ironing of many articles in the weekly wash. Towels, especially Turkish towels, dish-towels, and sheets may be made smooth by careful folding when slightly dampened and placing under a weight, making it necessary only to iron the hems of the sheets. Hosiery and knitted underwear may be used unironed.

Custom has much to do with the apparent need of ironing, a good deal of which

is done for appearance's sake, although comfort demands the careful ironing of many articles.

For ironing, the tables or ironing-boards to be used should be of such height that the ironer can maintain a proper poise during the performance of her task, for upon the maintenance of correct poise depends very largely the ease with which the work can be accomplished. Correct poise is Nature's plan for the conservation of energy, for making lighter the strain of physical exertion. With the body in natural poise, the chest uplifted, and with firmly held abdominal muscles, each of the internal organs maintains its proper adjustment; but when an incorrect position is assumed, there results at once pressure and strain, so that the body must act under a disadvantage and mechanically. To keep to Nature's plan in the washing and ironing robs "blue Monday" of a large share of its terrors, and makes of the commonplace art, cleansing the household linen, a joy and pleasure.



IRONING BOARD TOO LOW NECESSITATING AN INCORRECT POSITION.



STUFFED POTATOES.

## Contributed Recipes for Vegetarian Dishes.

**Rose Toast.**—Use bottled or stewed strawberries, drain in a colander, place the juice in an enamel pan, and let it come to the boiling point. Prepare cornflour, rubbed smooth in water, in the proportion of two tablespoonfuls to one pint of juice, and add it to the boiling juice, stirring briskly. Be sure the cornflour is well done, then add the whites of four eggs beaten to a stiff froth, using a wire egg-whip to mix the whole well. Give some zwieback a rather quick dip in hot water. Serve with some of the dressing to each slice. Blackberries and raspberries may be used in the same way.

**Stuffed Potato Balls.**—Combine equal parts of nuttolen and protose, chopped fine, and seasoned with minced celery or celery seed, sage and salt to taste. Then take one-half as much of beaten egg as of cream, to make the first ingredients quite pliable. Form some mashed potatoes, previously prepared, into balls, placing a piece of the stuffing as large as a walnut inside of each ball. Place the balls on an oiled dripping-pan, brushing the tops with cream, and bake in a rather quick oven until a nice brown.

**Pineapple Cream.**—Take a pint of canned pineapple and drain off the juice, to which add water enough to make a pint of liquid. Place this in a shallow saucepan and let it come to boiling; then add one heaping tablespoonful of cornflour previously braided in a little cold water. When this is well cooked, cover the cream with a frosting consisting of the whites of four eggs beaten to a stiff froth, sweetened, and flavoured with lemon. Place in the oven until a very light brown. Serve with whipped cream.

**Apple Custard.**—Pare and core three moderately sized tart apples, sprinkle with a little sugar, and bake until thoroughly done. Then divide into halves as nearly as possible, and drop into oiled deep gem tins. Prepare a custard with two eggs, beating the yolks separately, two tablespoonfuls of sugar, a pinch of salt, one cup of new milk, and vanilla or lemon flavouring, mixing well with the egg-beater, and adding lastly the stiff froth of the whites. Pour this over the apples, and bake until the custard is a nice brown. When done, lift out of the tins carefully with a spoon, and

sprinkle over the top some desiccated cocoanut. Serve warm.

**Protose Salad.**—Select nice, tender lettuce, wash carefully, and place on individual salad dishes. Then place a thin slice of protose on the lettuce, and pour over it a dressing made as follows; Extract the juice from two lemons, being careful to remove all the seeds and pulp. Beat well the yolks of four eggs, adding a pinch of salt and one-half teaspoonful of sugar. Now add slowly, while stirring constantly, one-third cup of boiling water. When all is mixed, and the egg still has a rare appearance, let it steam for a few minutes, stirring briskly. Lastly add the lemon juice. Place a tablespoonful on each piece of protose. It may be served with whipped cream over the top; or a level tablespoonful of almond butter braided in water may be added to the dressing before steaming.

**Stuffed Potatoes.**—Prepare and bake large potatoes of equal size. When done, cut them evenly three-fourths of an inch from the end, and scrape out the inside, taking care not to break the skin. Season the potato with salt and with a little thick, sweet cream, being careful not to have it too moist, and beat thoroughly with a fork until light; refill the skins with the seasoned potato, fit the broken portions together, and reheat in the oven. When hot throughout, wrap the potatoes in squares of white tissue paper fringed at both ends. Twist the ends of the paper lightly together above the fringe, and stand the potatoes in a vegetable dish with the cut end uppermost.

When served, the potatoes are held in the hand, one end of the paper untwisted, the top of the potato removed, and the contents eaten with a fork or a spoon.

**Combination Pea Soup.**—Take one quart of tinned or freshly cooked green peas, and press through a colander to remove the skins. Have ready, cooked until tender, one cupful of grated or finely minced carrots; add this and one cupful of mashed potatoes. Season with parsley and salt to taste; combine all and boil for a few minutes, then thin with cream, milk, or water, as desired. Serve with croutons.

**Mould of Cranberry with Banana.**—Steam a pint of cranberries, without the addition of water, in a double boiler until the skins are broken. Press through a colander. There should be one cupful of juice. Then to this add one-half cup of water, one-fourth cup of lemon juice, and one cup of sugar.

Soak an ounce of vegetable gelatine (agar-agar) in hot water for twenty minutes, wash well, then cook in one cup of water until clear. Add this (which should measure one cupful) to the cranberry mixture, and mould. Ornament with sliced banana.



CRANBERRY JELLY WITH SLICED BANANA.

## ONE SUMMER-TIME.—(Concluded).

BY JESSIE ROGERS.

"I WILL attend to Miss Wade this morning," May announced at breakfast one day, and Beth hurried away to William Blake's sick child.

"You need not bring over the basket for Miss Wade to-day," called back May as she left the house. "I'm sure there'll be a turn before noon—and say, Lou, I wish you would run over in about an hour and help me lift her; she's bedridden, you know."

Who can explain the meaning conveyed by a tone! Even with the sombre suggestion of a "turn," Maud and I looked at each other, and then laughed guiltily. At ten o'clock I went to the house, reinforced by Maud, for from past experience I knew the solidity and weight of Miss Wade's frame, as she lay prone and groaning, bitterly protesting against the bath which Beth insisted should be had each day.

May had the tub close beside the bed, and filled with water luxuriously warm. When all things were ready, we lifted. We made May, who is very slight, lift at her head, and Maud and I lifted at each side. I saw the veins stand out on Maud's delicate wrists under the heavy strain, and a great wave of indignation swept over me. Groaning and complaining, the lady lay back and dabbled comfortably in the pleasant water, much as a fat infant who by constant attention has been taught to love his bath.

After the required period, three pairs of arms lifted the prostrate mass to its feet, and three pairs of hands applied towels as vigorously as their owners were able with one hundred and fifty-four pounds weight to be supported by them. May's solicitude, noticeable all morning, now became pronounced—excessive, I thought. "Was she warm enough?" "Too warm?—O—" and May's supple hands swung forward and upward a twelve-quart pail of icy water and emptied its contents in one fell swoop upon the broad, steaming shoulders.

A scream, the like of which I never heard before, and hope I never may again, fell upon the trembling air. Then from that tub the bedridden lady leaped with

the nimbleness of an acrobat, and rushed wildly toward the blanket-piled bed, screaming lustily.

"Ladies," said May, cheerfully, as she gathered up our bath towels, "I think we would better go home. Miss Wade will be wanting to make her dinner preparations." Later we learned that she had taken steps toward our arrest on the charge of assault with intent to kill, but her efforts were discouraged by a weary public, greatly relieved to see her taking steps of any kind.

The old lady who required an hour's comforting each evening also came under May's direct ministrations one night when Beth's presence was imperatively demanded elsewhere.

"Bear with her, dear; do not cross her will in the slightest particular," was Beth's parting injunction. The lady was frank and outspoken as to her sentiments in regard to the change of nurse inflicted upon her. May proceeded sweetly with the treatments Beth had outlined, as if quite unaware of any dissatisfaction, though Maud and I, who were waiting for her on the porch outside, knew how bitterly she resented unjust complaint. "May's a darling," whispered Maud, to which sentiment I gave instant and hearty support.

At last the night's preparations were completed—all but the filling of the water-bags, for the lady's circulatory system was so poor that these were imperative. "Be sure they're boiling, girl," she called out crossly after her. Presently May stood by the bed, slipping the bags into their flannel cases, when Mrs. Hoffman seized one of them petulantly.

"What carelessness," she ejaculated, beginning to unscrew the stopper; "you've got these tops exchanged."

May was about to protest, but remembering Beth's warning, and knowing that she had made no mistake, turned silently to arrange the table beside the bed, sure that her patient would presently satisfy herself—and she did, though in a manner more or less of a surprise to herself and all concerned, for she laid the open bag upon the bed while she exchanged the stoppers.



PICNIC DINNER, CATERHAM SANITARIUM

The boiling water lost no time in permeating the fleecy blankets, causing the lady qualms of astonishment at the sudden and increasing warmth, and when the truth flashed upon her, she dropped the second open bottle, and thereby liberated two gallons of boiling water on that bed. Now everybody knows that water invariably seeks its level, and in this case it was certainly expeditious.

Entangled in a fomentation of alarming proportions, she shook herself free with a degree of energy she would have denied an hour earlier, and emerged from the steaming mass with meekness and despatch, and submitted with real gratitude to the ministrations of Maud and me, for we hastened in to offer our assistance in remedying her moist condition. Later, clothed and blanketed in a dry bed, she drew May's sweet face down and kissed her, and said, "I've been a cross old woman; to-morrow I'm going to get up." And she did. This confession so touched May that we could never get her to see a funny feature in the

incident, though Maud and I screamed with laughter every time we thought of it for days after.

But September drew on apace, and with it came back Miss Phillips, "so pleased and grateful for the care of her home," as she expressed it, while we were overwhelmed with the breadth of her generosity. On our last evening at Woodlea Miss Phillips invited Dr. Thompson to tea, laughingly explaining that she wished to learn the truth of the rumours concerning the young women who for two long months had been sheltered under her roof. Whereupon the Doctor proceeded to detail with easy grace the summer's happenings in things medical, touching delicately upon the efficacy of cold pours and the remedial effect of blanket packs.

That young woman ate with imperturbed diligence. "I'll admit," she said, generously, "that Beth is the genius of our family in many lines of nursing, but I have my strong points—in certain cases." And no one was able to gainsay it.

At the station that evening we were abashed when we learned that the assembly there present was convened for the purpose of giving us expressions of good-will and kindness.

"Please take it, Miss Henderson," pleaded Martin Page, pressing a silver coin in Beth's little palm, "and I wish I had a hundred of 'em to give you. You saved my little Joey." "Please stay," wailed Paul Thomas Aker, as May gently

tried to disengage his sturdy arms; and I, standing apart and shedding briny tears on Nero's glossy head, heard the didactic voice of Miss Pedan, the teacher, exclaim: "But why go back to the city at all, young women, when you have found work enough in this more healthful rural district?"

"Because," said Beth sweetly, as she accepted Nero's proffered paw, "we love our children, and they are coming back to school next Monday."

## THE WET-SHEET RUB.

BY ALFRED B. OLSEN, M.D.

PRIESSNITZ, the father of hydrotherapy, made a great use of the wet-sheet rub, and did much to improve the technique of the procedure. It may be described briefly as a vigorous rubbing of the entire body while wrapped in a wet sheet.

### Requirements.

These are simple and ought always to be obtainable. Several sheets, one of linen if possible, towels, a foot-tub of hot water, and a pail of cold water are all that is necessary for giving a wet-sheet rub. A large Turkish or rough sheet with which to dry the patient is desirable, but not essential. The temperature of the water should be from 50° to 70° Fahr. as a rule, but both higher and lower temperatures are occasionally useful.

### Preliminaries.

The patient is disrobed and wrapped in a warm sheet or blanket. If he is chilled or cold, give fomentations to the spine, or a hot foot-bath for five minutes before giving the wet-sheet rub. While administering the rub, it is customary for the patient to stand in a tub of hot water. This prevents chilling or other ill consequences that might otherwise arise. Next bathe the face and head well with cold water, and lastly apply a cold compress to the head.

### The Application of the Sheet.

The attendants now soak a good-sized linen sheet in a pail of cold water (60° to 70° Fahr.), and wring it sufficiently so that it will not drip.

One attendant takes the wet sheet, and, standing in front of the patient whose arms are raised, applies one corner of the sheet under the right arm, while the other attendant removes the dry sheet or blanket. The wet sheet is now carried across the front of the body and under the left arm, and then across the back, and again over the front, this time covering both arms. Just as soon as the sheet is placed under the right arm, the arm is brought down to hold the sheet in place, and so with the left arm. The second attendant assists in adjusting the sheet about the feet. The entire operation should not occupy more than six or eight seconds.

### The Rubbing.

Just as soon as the patient is wrapped in the sheet, the attendants administer a vigorous rubbing. It is important to bear in mind, as Dr. Kellogg points out in his work on Rational Hydrotherapy, that "the patient is not to be rubbed with the sheet, but over the sheet, with downward percussion strokes."

The duration of the rubbing depends on its vigour and the ability of the patient to react. From one to four minutes is ample time as a rule. The skin should be red with a glow of warmth, and the sheet itself soon gets warm. It is then removed and the patient is wrapped in a warm Turkish or ordinary sheet and blanket, and then thoroughly dried.

### For Invalids.

It is not essential that the patient should stand while the rub is administered. By



APPLYING THE SHEET.

using a mackintosh or rubber cloth, the treatment can easily be given in bed. The patient lies on the right side, for example, while the wet sheet is placed under the back. It is then brought under the left arm over to the right side, and then turned back again, this time over the arms.

The sheet should be wrung out rather dry, and the feet of the patient wrapped in a hot fomentation. In these cases it is well to often precede the wet-sheet rub by fomentations to the spine.

#### The Results of the Rub.

When given properly, the wet-sheet rub makes a most effective tonic. It strengthens the action of the heart, slowing the pulse, and stimulates respiration. There is a marked reaction of the circulatory system, the flow of blood in the skin being increased.

Although there is a momentary feeling of chilliness, and occasionally a faint shiver, the vigorous friction quickly brings

a reaction, and a comfortable glow of warmth.

The intensity of the procedure depends upon the temperature of the water, the moisture of the sheet, and the vigour of the friction. To obtain still more pronounced results a second or even third wet sheet may be applied before drying.

If the sheet is very wet and saturated with water it is called a *dripping sheet*.

#### The Uses of the Wet-Sheet Rub.

This is a very useful application for relieving fever and reducing the temperature when cold baths are not available, and it makes an excellent substitute for the Brand bath.

As a tonic it stands equally high in the estimation of hydropathists. When used for this purpose the sheet should be wrung almost dry out of cold water (40° to 60° Fahr.), and the treatment should be given briskly, not occupying more than two



GIVING THE FRICTION.

minutes. It makes an excellent finishing procedure for hot baths and packs of all kinds, such as the Turkish, Russian, or radiant heat bath.

#### Valuable for Nutritional Disorders.

Such nutritional disorders as gastric and intestinal catarrh, chronic gastritis, sluggish and torpid livers, colitis, various forms of dyspepsia, dilatation of both stomach and large bowel, and chronic constipation are often benefited by the wet-sheet rub. Indeed, it is a useful remedy for most of the functional disorders of the organs of digestion.

Anæmia, chlorosis, neurasthenia, diabetes, and obesity are also benefited by the judicious use of the wet-sheet rub. Congestion of the internal organs, such as the brain, liver, lungs, and pelvic viscera is readily relieved.

There is scarcely a more effective means of stimulating an inactive skin, but of course it should never be given if there is any cutaneous eruption. The wet-sheet rub should also be avoided in neuralgia and general neuritis.

#### A Remedy for Insomnia.

If the sleeplessness is due merely to cerebral congestion, the wet-sheet rub makes a most efficient remedy. For this purpose the rub should be administered soon before retiring. The treatment may be made still more effective in many cases by first applying fomentations to the spine for ten or fifteen minutes.

The wet-sheet rub makes a valuable remedy for chronic rheumatism and gout, if combined with hot air, vapour, and electric light baths, hot packs, or some other hot bath or application.

## “WHISKY PEGS:” ARE THEY UNWHOLESOME?

R. S. INGERSOLL, M.D., CALCUTTA.

THE use of the “whisky peg” is so common in the Orient among the foreign population that to describe it seems almost to subject one’s self to ridicule. However, in order that we may understand definitely what we are dealing with we will take the commercial definition of one ounce of

whisky in a glass of soda-water. Practically this degree of accuracy is not carried out, and the amount is determined by the mood of the user or the degree of liberality of his friend(?).

The general use of the “peg” by men and women, young and old, is popularly excused in debilitating climates like India on the grounds that something is necessary to counteract the relaxing effects of the long hot season. The individual feels let down and finds out either by experience or by the advice of his associates that the “peg of whisky” makes him feel able to do more work and to take his food with a greater relish. Having once learned of this deceptive drug, for so it is, he soon comes to depend upon it.

Alcohol is not a food. It does not add to the sum total of the individual’s



CATERHAM SANITARIUM.

vitality, but rather lessens it. True, a small amount is lost sight of during its passage through the body, but this proves nothing. The liver destroys even so virulent a poison as nicotine, yet no rational man will argue that nicotine is a food. On the contrary, it is like a dog in the manger, and interferes with proper digestion and appropriation of food taken. The increase of weight of the beer-drinker is largely due to the interference with the proper oxidation of food in the body. Gouty and rheumatic conditions are often directly traceable to lack of oxidation as a result of the action of the whisky peg.

Alcohol is a depressant always. Its so-called stimulating effects are due to the depression of the inhibitory or governing centres in the brain, and upper portion of the spinal cord. The heart beats faster but with less force. The actual amount of blood pumped is greater, but it is against less pressure, this being in turn due to the depressing action of the alcohol upon the nerve centres which control the size of the blood-vessels.

It has been proved by physiological experiments that one's strength is not so great after the use of two ounces of whisky, although he thinks himself stronger. Brain and nerve activities are also affected in the same way. The apparent increased celerity of thought is due to the fact that the person speaks without the usual consideration. Depth of thought is lacking. Nerve impulses travel slower than under normal conditions.

These are a few of the effects of moderate drinking. The excessive use of alcohol is universally admitted to be pernicious in its results. Now in a debilitating climate, or indeed in any climate, it is fundamentally necessary that we keep our digestive system in the best possible condition if we are to maintain health. It is equally important that we avoid anything that lowers our resistance to disease.

It is not possible in this connection to enter upon the discussion of the long list of diseases such as liver abscess, kidney and bowel complaints, heart failures, nervous disorders, etc, which can be traced directly to the use of the "peg." In hospitals surgeons are repeatedly compelled to decline to operate because the patient's vitality has been so lowered by the use of alcohol.

The *British Medical Journal* says: "Is vital force augmented by it? All facts seem to answer in the negative."

Lord Roberts says: "The efficiency of an army is directly in proportion to the number of total abstainers in its ranks."

Before entering upon the Soudan expedition the spirituous liquors ordinarily used by the rank and file were poured out upon the sands. To this, in part at least, should be attributed their endurance.

If, in view of the real nature of the "whisky peg," the user of strong drink is led to believe that he is the better and stronger for its use, must we not conclude that Solomon knew its real nature when he wrote "Wine is a mocker, strong drink is raging, and whosoever is deceived thereby is not wise"?

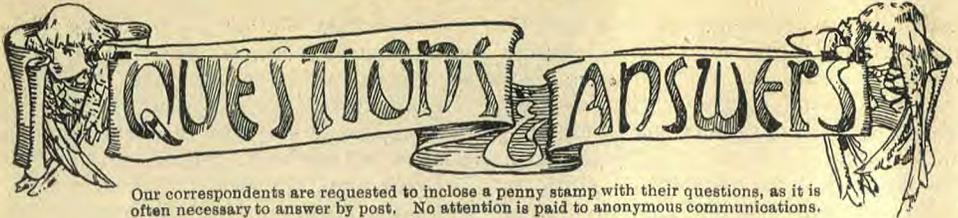
It is gratifying to note that the pendulum is swinging toward temperance in the Orient, and the "whisky peg" is getting a share of the blame which has heretofore been unjustly saddled upon the climate. Employers are now beginning to recognise the fact that the total abstainers are the best men for enduring the tropical climates.

### A Hint to Parents.

MANY parents, especially fathers (writes Dr. Kate Lindsay, in the *American Good Health*), regard their children as they would some trained animal. The baby is put through his paces, much as the monkey or the puppy, for the amusement of the family. It is tickled to make it laugh, has its cheeks pinched and its ribs punched, and is kissed, without its permission or any means of defence, by its elders with tobacco-laden breath, foul breath from teeth, or, it may be, from a mouth and throat full of pneumonia, diphtheria, or other disease germs.

Often at bed-time a child is kept awake for a frolic with adults, and so thoroughly aroused and excited that hours will pass before it is in a restful frame of mind and body.

Watch the lambs frisking on the hillocks and skipping over the stones while their dams look steadily on without interfering with the gambols of their offspring, and learn a wise lesson of non-interference in relation to the sports and plays of infancy.



**Pinworms.**—J.G.: "My little child of three years is troubled with pinworms, and I have been advised to try — Worm Powder. What would you recommend?"

*Ans.*—If you will refer to page 262 of GOOD HEALTH for February of this year, you will find full particulars for getting rid of these parasites.

**Protose—Graham Bread—Koumiss.**—T.: "1. Please tell me if protose can be relied upon as being absolutely pure, as advertised. 2. In what way do protose, nuttolene, and nuttose differ from each other? 3. What is Graham bread? 4. Is Koumiss curdled milk?"

*Ans.*—1. Yes, you can absolutely rely upon protose as being a pure food and made of the very best ingredients. 2. Protose is a combination of cooked nuts and wheat gluten, while nuttolene and nuttose are composed of nuts only and differ in the way in which they are cooked. 3. Graham bread is coarse brown bread. 4. No.

**Catarrh of the Bladder.**—D.M.: "For nearly a year I have suffered from pain in the bladder, and I have been told that I have inflammation of the mucous membrane of the bladder. I was ordered to take medicine, but have derived no benefit as yet. 1. Is it likely that catarrh from the chest has gone to the bladder? 2. What treatment should I try? 3. Is complete recovery from simple acute catarrh of the bladder usually obtainable?"

*Ans.*—1. No. 2. Drink water freely, from four to six pints a day, and take a hot sitz bath daily, followed by a tepid sponge. Take only very plain, simple food, and keep your bowels open; better still, go to the Leicester Sanitarium for a course of tonic treatment. 3. Yes, under favourable circumstances.

**Falling Hair and Scurf.**—F.C.: "Can you recommend Mr. —, the hair specialist, as I am troubled with falling hair and scurf? I wrote to him, and he replied that it was caused by "follicular atrophy with seborrhoea," and was due to bacterial invasion, but could be cured if I used his remedies. I have tried them for about a month, but can see no improvement yet—in fact my head itches worse than it did before, and the constant washing of the head is wearing off the hair."

*Ans.*—No, we cannot recommend him nor his remedies. Shampoo your scalp once a week with warm, soft water and McClinton's soap, then rinse thoroughly in tepid or cool water, and dry well. Massage the scalp with the tips of the fingers twice a day, and follow with a good brushing with a medium bristle brush to remove any dust or scurf. If the hair is very dry, you might apply a little pure vaseline to the scalp.

**Sluggish Liver.**—J.S.: "I am suffering from a sluggish liver and weak digestion. Would you recommend the use of an electric battery?"

*Ans.*—No, not unless you have a competent attendant to administer the electricity. Have fomentations to your stomach and liver two or three times a week. Adopt a plain, simple diet of wholesome food that you can digest with ease and comfort. Drink water freely in the morning and between meals, taking from three to five pints a day. Do not fail to get plenty of exercise out-of-doors each day.

**Throat.**—F.R.V.: "Mrs. V. took a cold some weeks ago, and at the same time felt something come in her throat which interferes with her eating and keeps her always drinking for the purpose of trying to wash it away. There was a pain at first, but that has gone. What would you advise?"

*Ans.*—Fomentations to the neck with a cold compress at night might afford relief if it is merely a simple inflammation, but we would advise you to take her at once to a physician for the purpose of a careful examination.

**Baking-Powder.**—"Tartaric": "1. Will you kindly inform me in the next issue of GOOD HEALTH whether the following baking-powder, used in making bread, is injurious to health in any way:—10 oz. arrowroot; 6 oz. bicarbonate of soda; 4 oz. tartaric acid. One teaspoonful to a pint of flour. 2. What could be used in place of baking-powder?"

*Ans.*—1. Yes; we consider any baking-powder containing bicarbonate of soda injurious to health and undesirable for baking purposes. 2. A good yeast—not necessarily brewers' yeast—is preferable to baking-powder. Unleavened bread may be used if preferred.

**Floating Specks.**—P.P.: "I have had a large, black speck or smear continually floating before the left eye, and sometimes several small ones. I believe they are caused by constipation and a sluggish liver; and I have tried several kinds of medicine, but without any benefit. What would you suggest?"

*Ans.*—Have a tepid or cool sponge bath with friction and breathing exercises each morning. Take a warm full bath two or three times a week and fomentations to your stomach and liver every other day. Drink water freely. In diet, follow the principles advocated by GOOD HEALTH, and adopt a systematic course of physical culture with out-of-door exercise, and see that your rooms are well ventilated both day and night. If these measures do not produce favourable results, you ought to consult your family physician.



## CATERHAM SANITARIUM AND SURREY HILLS HYDROPATHIC.

CATERHAM, SURREY.

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# GOOD HEALTH

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

EDITED BY  
**ALFRED B. OLSEN, M.D.**  
**M. ELLSWORTH OLSEN.**  
 (Managing Editor.)

Address all business communications to

**GOOD HEALTH, 451 Holloway Road, London, N.,**  
 and all editorial correspondence to the Editors, same address.  
 Telegraphic address: "Uprising, London."

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THE *Lancet* gives the following list of centenarians who have recently died: "Miss Margaret Evans, of Pontneath, Glamorganshire, died on July 12th, in her 102nd year. Mr. James Glass died at Graig, Llansadwrn, South Wales, on July 14th. The deceased was a native of Carmarthen, and from the records obtained from St. Peter's Church in that town it was ascertained that he was born on May 1st, 1802. The death of a native chief, Sigananda, at Nkandhla, in South Africa, is reported. His age was stated to be 104 years.

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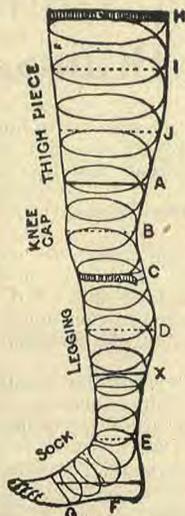
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THE first day out: Steward—Did you ring, sir? Traveller—Yes, steward, I—I rang. Steward—Anything I can bring you, sir? Traveller—Y—yes, st—steward. Bub—bring me a continent, if you have one, or an island—anything, steward, so l—lul—long as it's solid. If you can't, sus—sink the ship.—*Harper's Bazaar.*

<h2>Buy Nuts Cheaply</h2>																																			
<p>To all who think in advance of a meat-eating age.</p> <p>Kindly compare these prices with those you are paying elsewhere, remembering that we guarantee all goods supplied by us to be perfectly fresh and the finest quality obtainable.</p> <p>We ask you to put our claim to a practical test by sending us a trial order. We PAY CARRIAGE on all orders value 5/- or upwards.</p> <p><b>G. SAVAGE &amp; SONS,</b> Nut Experts, 53 Aldersgate St., London, E.C. Agents for London Nut Food Co.'s Nut Rolls, etc.</p>	<table border="0"> <tr> <td></td> <td style="text-align: right;">PER LB.</td> </tr> <tr> <td>Spanish Peanuts</td> <td style="text-align: right;">4d.</td> </tr> <tr> <td>Hazel Kernels,</td> <td style="text-align: right;">8d.</td> </tr> <tr> <td>Cashew "</td> <td style="text-align: right;">10d.</td> </tr> <tr> <td>Pine "</td> <td style="text-align: right;">10d.</td> </tr> <tr> <td>Shelled Walnuts, 1/1</td> <td></td> </tr> <tr> <td>Valencia Almonds/</td> <td></td> </tr> <tr> <td>Jordan "</td> <td style="text-align: right;">1/4</td> </tr> <tr> <td>Twin-Jordan "</td> <td style="text-align: right;">1/4</td> </tr> <tr> <td>Roasted Peanuts 6d.</td> <td></td> </tr> <tr> <td>Sun-dried</td> <td></td> </tr> <tr> <td>Apricots,</td> <td style="text-align: right;">10d.</td> </tr> <tr> <td>Dried Bananas,</td> <td style="text-align: right;">6d.</td> </tr> <tr> <td>Finest Unressed</td> <td></td> </tr> <tr> <td>Carolina Rice,</td> <td style="text-align: right;">3d.</td> </tr> <tr> <td>Grape-Nuts, Puffed</td> <td></td> </tr> <tr> <td>Rice, etc.</td> <td></td> </tr> </table>		PER LB.	Spanish Peanuts	4d.	Hazel Kernels,	8d.	Cashew "	10d.	Pine "	10d.	Shelled Walnuts, 1/1		Valencia Almonds/		Jordan "	1/4	Twin-Jordan "	1/4	Roasted Peanuts 6d.		Sun-dried		Apricots,	10d.	Dried Bananas,	6d.	Finest Unressed		Carolina Rice,	3d.	Grape-Nuts, Puffed		Rice, etc.	
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