



SPRING BLOSSOM.



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EDITORIAL CHAT.

An Unfortunate Oversight.

SPEAKING of the various "world's congresses" held in connection with the St. Louis Exhibition, Prof. L. Larkin remarks that the officials were guilty of one "glaring oversight." "No world's congress," he continues, "was called to crush out the world-wide cause of patent medicines. The exploitation of secret nostrums has assumed the dimensions of a national plague here in our own country and in Europe. In many cases the 'medicine' in the bottle costs less than the empty bottle and labels. The demon alcohol lurks within many of them."

The California scientist has not overstated matters in the least. There is no more striking evidence of the superstition and gross ignorance still prevailing in the sphere of hygiene, than the unblushing lies told to sell these often vile compounds, and the substantial response in the way of £ s. d., which they evoke from a confiding public. The remedy must consist in *educating* the people. No one with a reasonable knowledge of the laws of health, and the real needs of the body, would think of wasting money on foolish and dangerous experiments with the unknown contents of a bottle.



"Open Air and Night Air."

UNDER the above title we find an excellent editorial in a recent number of the *New York Independent*. It is very gratifying to see the public press taking more interest in matters of hygiene and sanitation. After speaking of the modern treatment of respiratory diseases by fresh air the writer says:

"Very few people probably realise to

what an extent medical teaching has gone in the matter of the formulation of the open-air treatment for tuberculosis.



"Camps in the Adirondacks,

in which the temperature on winter-days is twenty degrees below zero, are now familiar enough, though sleeping with open windows high up in the Alps, where patients awake in the morning to find that a coverlet of snow has drifted in over the bed during the night, and that that is why they are so especially snug and comfortable, and have slept longer than usual (a frequent experience), may seem extreme. There are those who consider dampness worse than cold, as it is certainly a source of much more immediate discomfort. To them it may be a surprise to hear that in one of the largest London hospitals

The Open Balcony

is sometimes used as the continuous-dwelling place, night and day, winter and summer, of tuberculous patients suffering from the most serious forms of the disease. The fog and the damp of a London winter are proverbial, yet, far from being injured by it, patients suffered less from the more annoying symptoms than before."



Pneumonia and Fresh Air.

"It is not alone in tuberculosis, but also in other respiratory diseases, that the open air, under what would be usually considered discouraging symptoms, has been found eminently beneficial. In pneumonia, which has of late come to be the worst scourge of life in large cities, it is especially

salutary. One distinguished American physician has declared on several occasions that if he were a sufferer from pneumonia he would prefer to have his bed placed under a tree in the park, even in the depth of winter, than in the best appointed hospital in the city."



The Open Field as a Hospital.

"Once during the Civil War a snow-storm delayed the transportation of patients and tents, and a number of pneumonia cases were treated in the open field, covered only by army blankets. The mortality of that special epidemic—for nothing is clearer now than that pneumonia is mildly epidemic—was the lowest of any set of pneumonia cases that occurred during the war."



Night Air Better than Day Air.

"The old feeling of aversion to night air, especially because it is supposed to carry all sorts of miasms with it, is now recognised as absolutely without any good foundation. As has been well said, the only fresh air at night is the night air. Instead of being more dangerous than day air, it is actually more salubrious. Night air in large cities particularly does not contain, as a rule, so many dust particles as day air, because there is not so much traffic, with movement of truck, carriage and trolley to disturb the dust. It is the dust particles to which microbes cling that make air dangerous."



Foundation for the Old Prejudice.

"The old prejudice with regard to night air was not without an apparently good foundation. Malarial diseases were acquired much more readily at night than during the day. It was almost inevitably fatal for a foreigner to be out on the Roman Campagna at night, though he might visit it with comparative immunity during the day. We now know by absolute demonstration that this was because the malaria-carrying mosquito did its stinging during the night, but especially just after sundown, and this was the time that was considered most dangerous. Properly protected against mosquitoes,

however, one who has never had malaria may venture on the Roman Campagna without any danger, and Englishmen have lived there night and day making the demonstration."



Cold Does Not Cause "Colds."

"Just inasmuch as people can be tempted to live more in the open will the average of health improve. Cold does not cause 'colds.' Nansen and his men at the North Pole did not suffer from respiratory affections, but several of them were down with grippy 'colds' within a short time of their return. Dampness is not an active factor in the production of disease when there is adequate protection of the body by clothes, and when the food is abundant and nutritious, and there is no abuse of stimulants. Old traditions should not be allowed to have weight in the face of modern, carefully collated observations. Windows should always be open in sleeping rooms, no matter how cold or damp the weather, and if care is taken to have dry, abundant bed clothing, and a warm room to dress in, there not only need be no fear of evil consequences, but the health will always be better, and any tendency, particularly to respiratory diseases—the most frequently fatal affections of this stage of civilisation—will surely be obviated."



Cancer from Bad Teeth.

In an address before the students of the Victoria Dental Hospital a few months ago, a leading Manchester surgeon spoke of the dangers resulting from bad teeth. Decayed teeth mean the presence of germs, and pollution of the mouth. No matter how pure and wholesome the food, it is contaminated in the process of mastication, and carries germs of putrefaction into the stomach. Even the air breath is contaminated, and the germs are carried into the delicate lung tissues.

Decayed teeth also become rough and jagged, and often have sharp edges which injure the tongue and lips; this constant irritation is believed to favour the development of cancer.

Take time to cleanse the teeth at least once daily, and always keep the mouth sweet and clean.

SPRING PICK-ME-UPS.

BY M. ELLSWORTH OLSEN.

SPRING tonics, pick-me-ups, and medicines of all kinds are in general demand. Even those who ordinarily eschew such things often resort to some popular nostrum, when, with the passing away of cold weather, there is an apparent "letting down" of the system. It is thought to be a safe thing to do to take a little physic in the spring of the year. Some think it wards off sickness, others that it helps to give general tone to the body. Unfortunately, hopes of this sort bound up in a bottle or two of patent medicines, are likely utterly to fail of fruition.

Nevertheless, there are some real tonics which, taken according to direction, will accomplish great things. It is no doubt the fact that people generally feel some loss of energy with the approach of mild weather. The liver seems a little sluggish, the circulation is slow, the digestion unsatisfactory, appetite lags, and the whole system seems not quite up to the mark. Obviously something should be done to bring about a better state of things. What shall that thing be? Let us ask first,

What Shall We Take?

If you are really tired, and have been under heavier strain than you can bear, then the thing for you to take is rest. If your work has not been excessively hard, and your lack of energy is owing mainly to a sedentary manner of life, combined with the common "let-down" associated with the approach of warm weather, then you need to take more fresh air, to breathe fully and deeply. Another internal remedy when the body is having "the blues" is to eat plentifully of oranges, apples and other fruits that have a remarkable effect in quickening the life forces, and at the same time getting that greatly sought-after boon, a clear head. A breakfast composed alone of fruit, makes an excellent beginning for the day; it certainly is all that ever should be taken if one has eaten a late supper the night before. Buoyancy of spirit, a cool head, warm extremities, and general good health are largely matters of diet.

But in prescribing things to take, the morning dip must not be overlooked. Oh,

how much brighter the world looks, how small the perplexities, how keen the sense of reserve power to the man who is just reacting from a cold bath. Verily those who are not acquainted with this truly wonderful *elixir vitæ*, are missing one of the best of tonics. If you have not the courage nor the vigour to begin with the dip, adopt the wet-hand-rub, which consists in wetting the body thoroughly by means of the hands dipped in cold water, and then rubbing dry and warm with a bath towel. This may also be done a part at a time to prevent chilling. In every case it should be done rapidly, and it will be most effective if preceded and followed by a few minutes' brisk exercise, especially expansion of the chest.

Water, the reader may be reminded, is valuable taken internally as well as externally. Suppose, in lieu of the usual spring tonic you imagine you are taking the cure at Homburg—drink two or three glasses of water before breakfast, and indulge in a morning walk; take another dose about an hour before dinner, and again before retiring in the evening. The effects may surprise you.

Of course, if there is constipation, the bowels should be relieved by means of the enema. Elimination must be good all round; a few vapour baths might not come amiss if there is a tendency to clogging of the system.

So much for the things that are to be taken—the *passive treatment*, if you please. For probably the vast majority of Good HEALTH readers there is something even more important, the question, namely,

What Shall We Do?

There are some things *to be done* in springtime if we would avoid spring sickness, biliousness, and unpleasant effects generally. First, we get our windows open, and flood our living rooms and bed rooms with heaven's fresh air. Secondly, we must get out of doors as much as we possibly can, and imitate the active lives of the birds and other wild animals, who find the spring the most healthful and enjoyable part of the year. Thirdly, we must take vigorous exercise, set the blood



YAMATO KE KAZUO KOTADAU N.Z. 17287 U.V.

tingling through the body, and get every corner of the lungs filled with oxygen. A great deal of the sluggishness of the stomach and liver and other organs is due to lazy legs and indolent indoor habits. For healthy men and women the most delightful way to spend a half holiday should be by taking a fifteen mile cross-country walk, or a fifty mile ride on the bicycle. Motoring is a good thing, too, but is hardly active enough for a sound-limbed man.

Another thing to do is to cultivate earnestly and persistently an upright, vigorous carriage. All kinds of work, mental and physical, become easier and pleasanter when the terrible stoop is overcome, and the worker has learned to keep his lungs well expanded.

A cheery outlook on the world,—a determination to look on the bright side of things, is also well worthy of careful, systematic cultivation. Every earnest, cheerful thought has an influence for good on all the organs of the body; on the other hand, dismal, gloomy thoughts tend to bring about diseased conditions—in fact have the power to create these things. “A merry heart doeth good like a medicine, but a broken spirit drieth the bones.”

Things We Must Not Do.

If we would have the best health, we must not abuse our bodies. The stomach must not be filled with rubbish, just because a depraved appetite calls for it. Alcoholic drinks must not be indulged in, for they leave after-effects of a harmful character. Tobacco-smoke has no proper place in the category of man's needs; it may well be banished from the life. Its place will be more than filled by that exquisitely sensitive state of the system which is in perfect health, when every nerve quivers with the joy of living. The smoker thinks he is indulging himself, but in reality he is denying himself a hundred natural and thoroughly satisfying healthy enjoyments for every whiff of the nauseous nicotine.

Real Spring-cleaning.

Finally, then put yourself thoroughly in touch with nature; set your physical house in order, do some real spring-cleaning, and you will have no occasion to patronise the bottle cure. You will not want any pick-me-ups because you will be “up” all the time, and not “down in the dumps.”

HOMES OF THE WORLD.

BY E. E. ADAMS.

MAN'S first home was doubtless the most healthful, the most beautiful, and the most delightful that could possibly be designed for him. A charming picture of the abode of the first human pair, in a place chosen by the Sovereign Planter when He framed all things for man's use, has been given us by Milton :—

"The roof
Of thickest covert was inwoven shade
Laurel and myrtle, and what higher grew
Of firm and fragrant leaf; on either side
Acanthus, and each odorous bushy shrub,
Fenced up the verdant wall; each beauteous
flower,
Iris all hues, roses, and jessamine
Reared high their flourished heads between, and
wrought
Mosaic; underfoot the violet,
Crocus and hyacinth with rich inlay
Broïdered the ground, more coloured than with
stone
Of costliest emblem."

No dead material of any kind was utilised, but the whole structure was instinct with life, breathing out fragrance and life and health-giving properties into the surrounding air.

The domestic duties of Eve in her "shady lodge" were far other than those which the modern house necessitates; for to make the bed "the flowery roof showered roses, which the morn repaired," and "raised of grassy turf their table was, and mossy seats had round."

Such was man's ideal home, in every respect perfectly adapted to his needs in the conditions that then existed. And the typical Feast of Tabernacles when the Children of Israel were obliged to dwell in booths made of leafy boughs, indicates the kind

of homes that men will again inhabit when those conditions are restored.

In the meantime, the human race, scattered over the face of the marred earth, with its varying and uncertain climate, has adapted for itself in every clime, the habitation that best meets its necessities, framed of whatever material can best be secured.

The Lapps are sometimes called the "Gypsies of the North." The style of dwelling that best suits these nomads, is the small tent of birch boughs, covered with deer skin, as shown in the illustration. When not on the march they live in small bee-hive shaped huts, built of birch timber, covered with bark, and then with turf and stones. In his description of the habits of the gypsy Lapps, Thomson says :

"Their reindeer form their riches. These their
tents,
Their robes, their beds, and all their homely
wealth supply."

A traveller tells of entering at Hammerfest a Laplandish tent not more than six feet in diameter, and finding therein nine Lapps at dinner, a dozen dogs, and an indiscriminate pile of skins, kettles, boxes, provisions, and in the midst of all, a fire. Still smaller tents are used in Iceland, where they may be found only three feet high,



TENT OF THE GYPSY LAPPS.

five long, and three broad. The lowness of their tents and huts is thought to be one of the causes of the physical defect of bow legs common to nearly all Lapps. Notwithstanding this, however, they are an exceedingly hardy race, for which fact their free, nomadic, open-air life is largely responsible.

From the standpoint of hygiene, the Japanese houses are well worthy of study. The rooms are divided by sliding screens which run in grooves in the floor. Thus a number of rooms may, if desired, be thrown into one great apartment. The whole side of a house may in this way be flung open to sunlight and air, to which every part of the Japanese house is easily accessible.

There are no cellars beneath the house. The floor is raised a foot and a half or two feet above the ground, and the intervening space is often left open, allowing the wind free play beneath the house. While this renders the house somewhat cold, it keeps it free from the contamination of cellar air which so often infests our houses. On this point, E. S. Morse, late Professor in the University of Tokio says: "I found the Japanese house in winter extremely cold and uncomfortable; but I question whether their cold rooms in winter are not more conducive to health than are our apartments, with our blistering stoves, hot furnaces or steam heaters; and as to the odours arising from the closet in certain country inns, who does not recall similar offensive features in many of our country inns at home, with the addition of

slovenly yards and reeking piggeries? I question, too, whether these odours are more injurious to health than is the stifling air from a damp and noisome cellar, which not only filters through our floors, but is often served to us hot through scorching furnaces. Whittier's description of the country house,—

'The best room
Stifing with cellar-damp, shut from the air
In hot midsummer,'—

is only too true of many of our American houses."

There are no dusty carpets in the Japanese houses, but the floor is covered with thick straw mats which represent the bed, chair, table and lounge combined. Wadded comfortables are spread upon the floor for sleeping purposes, and the absence of nearly all furniture makes it possible for the floor to be covered with sleepers.

The unpainted, unvarnished wood of which the houses are built, fills the rooms with an agreeable perfume; and the absence of the devices of the modern furniture dealer, and of "clutter" of all kinds, renders them much more restful, both physically and mentally.

To the European or American, the Japanese house seems light and flimsy, but it is admirably adapted to the needs of its builders. Not being able to build fire-proof dwellings, they go to the other extreme and construct buildings that can be taken to pieces and carried away in case of a conflagration.

One of the most striking features of the Oriental house is the house-top, which is always flat. Upon these terraces the members of the family sit, in the cool of the evening, to enjoy the refreshing breezes, to converse with each other, and for devotional purposes. The drying of linen and flax, preparing of figs and raisins, and other family offices are performed on the roof. One can pass from end to end of an Eastern city along the house-tops without descending to the ground.



A KROOMAN VILLAGE.



HOUSE OF THE QUEEN OF RAIATEA.

CARE OF THE TEETH.

BY J. J. BELL, M.D.

PERHAPS no organs of the body are treated with so little regard as the teeth. We constantly see people who sacrifice all or a great number of their teeth needlessly. A tooth commences to ache, and instead of removing the cause of the pain, we hurry off and have it extracted. A great many people suffer with neuralgia of their dental nerves, perhaps brought on by wrong habits of eating and drinking, or the use of tea, coffee, etc. It never occurs to them that the teeth are not the real offenders, and so, instead of giving up harmful habits, the teeth are got rid of. Again, there are a large number of people who from year to year permit their teeth to decay. Their mouths become a hot-bed for the growth of germs, which during their development produce most offensive odours, thus contaminating the breath of these individuals. The food which passes through their mouths is also infected with germs. The teeth are allowed to decay until nothing but old stumps are left. If proper care is taken early to have all cavities filled by a good dentist, such teeth might be saved.

The question might arise, Why do so many people lose their teeth so early in

life? Should the teeth not last as long as other parts of the body? The great trouble is we do not make use of our teeth when we have them. We are content to live on soft, sloppy foods, which can be swallowed without mastication. As a consequence the teeth decay. When an organ such as a muscle is working, its blood supply is greatly increased. This keeps the organ healthy and

strong. The same is true of the teeth and gums. By using the teeth to chew hard breads such as zwieback or unfermented biscuits, the circulation is kept active. The Scandinavians, who in former years used hard, unfermented bread, were noted for their good teeth. Even old men with grey hairs would have a full set of sound teeth. The Highlanders, who use a large quantity of hard oatcake, are also noted for good teeth.

The use of sweets by children is a potent means of encouraging decay. Sugar, sweet cakes, and preserves are also harmful.

Indigestion is almost always accompanied with useless or unsound teeth. The stomach is required to do the work which the mouth should have performed.

Neglect to cleanse the teeth is another prevalent custom. The use of the tooth-brush with a mild antiseptic tooth soap or powder is an important aid in keeping the gums and teeth in a healthy condition.

Hot foods and drinks, and very cold or iced things ought to be avoided.

It is a good plan to visit a qualified dentist at the first approach of any abnormality or pain about the teeth or gums.

“A CONTENTED mind is a continual feast.”

THE WASTE AND REPAIR [OF THE BODY.

(Continued.)

BY ALEXANDER BRYCE, M.D., D.P.H., CAMB.

BUT there is another aspect of the question worth attending to in this dyspeptic age. All people are not constituted alike, and it is now well established that with some persons vegetable albuminoids are much more easily digested than animal albuminoids. It has been pointed out by Sir William Roberts "that milk is much more easily digested by pancreatic extract than by artificial gastric juice; but in the case of egg albumen the advantage is evidently with the gastric juice." All flesh foods and eggs are much more easily digested in the stomach in an acid medium, whereas all vegetable albumens and milk proteids are more easily digested in the small bowel in an alkaline medium.

Probably it is for this very reason that vegetable albumens and milk proteids are less liable to be formed into uric acid in the liver than flesh and egg albumens. In any case it must be a factor in the process, although not quite so important as the ingestion of Purins and Xanthins.

The second point of importance in the metabolic functions is the temperature of the body. A high temperature increasing whilst a low temperature diminishes it. It is for this reason that in fever so much waste matter is formed.

The third factor is the influence of the nervous system. If this be hereditarily weak, or if it be overwrought, it does not matter how much or what kind of food be presented bad results will be obtained. Many people treat their own bodies worse than that of their horse, exacting the most constant toil in the most irregular fashion, and then fretting and fuming because they do not keep in health. It is quite obvious to them that their horse must have regular meals and regular sleep if he is to do his daily work, but it would be the height of folly to imagine that their own bodies should require any such attention. Nothing is more certain to lead to a break-down however than the lack of proper sleep, irregular meals and disturbance at meals, but more especially the former. The blood is manufactured through the day, but the unceasing vigilance of the nervous system prevents it taking full advantage of such nutriment, whereas at night it can not

only build itself up, but get rid of the excretory poisons manufactured by day.

In cases of this description whether due to pre-disposing weakness or nervous strain, life in a sanitarium with its regular meals, sleep and exercise, is of priceless value, more especially if the diet at such a place does not make too serious demands on the little remaining strength of the patient. It will be obvious that with weak digestive organs it would be unwise to still further exhaust the bodily powers by supplying food requiring the expenditure of much energy to convert it into a form fit for absorption. It is easy to understand that a weak man can train his muscular system much more easily by a method which never produces exhaustion rather than by one which demands great exertions and consequent strain. The latter method is only fitted for strong men, and strong men are born, not made. Given normal organs all can be healthy, so long as no part is exerted beyond its physiological limit. I am quite convinced that many people are born with stomachs quite unable to cope with the serious exertion of attempting to digest animal food, and these people will be found amongst those whose nervous systems are hypersensitive or weak by heredity.

Supposing however that these three factors are favourable, then a condition of nutritive equilibrium may be established, or, in other words, as many atoms of nitrogen and carbon will be ingested as are excreted. Such an example is given in text books of physiology as follows:—

	GRAMMES.	NITROGEN.	CARBON.
Proteid,	100	15.5	53
Fats,	100	79
Carbohydrates,	250	98
		15.5	225
		NITROGEN.	CARBON.
Urine,		14.4	6.16
Fæces,		1.1	10.84
Respiration,		208.00
		15.5	225.00

And such a table is self-explanatory. It is quite possible to have a nitrogenous equilibrium only and to have too little or too much of the fat and carbohydrate element.

In either case, health may be maintained, but in the former case too little heat and energy would be evolved, whereas in the latter case fat would be laid on.

To obtain and maintain this equilibrium it is necessary to have the following foodstuffs in proportions which will vary with surrounding circumstances. Proteids; Fats; Carbohydrates; Water and Salts; *i.e.*, that in all the multifarious foods which we consume from one year's end to another there are only these five constituent parts. Most food contains all five, but it is more usual to find that a food is either classified as a proteid or nitrogenous, a fatty or a starchy, according to the preponderance of its chief ingredient.

Proteids and fats may be either of animal or vegetable origin, but all available carbohydrates are entirely of vegetable origin, and as four-fifths of our food consists of this character it will be seen that we are compelled to draw upon the vegetable kingdom to that extent for our means of subsistence. Each individual to remain in perfect health must consume the whole five of the substances mentioned, but in quantities which will depend upon his exercise, his temperament, and the climate in which he lives. The most important of all, because it is from it that our tissues are built up, is the proteid. It is quite possible to live without fats or carbohydrates, or even water for a very long time, but it is not possible to live without proteid for even a short space of time. It is usually stated that we require from 100 to 125 grammes of proteid in twenty-four hours, *i.e.*, from three to four ounces, and it is declared that without this quantity a man will get below par and lay himself open to disease. But man is a wonderfully accommodating creature, and each man is a law unto himself, so it is not surprising to find that it is quite possible to live on fifty grammes, *i.e.*, something less than two ounces of proteid. In such circumstances, however, it is necessary to take an enormous excess of carbohydrates, and it is just there that the wonderful adaptability of man to live in all sorts of climates, and under all sorts of conditions displays itself, for, in South America, where meat is plentiful, the gaucho takes much more than four ounces of proteid, and in India, where it is scarce, and there is great poverty, less than two ounces are taken, and a great excess of carbohydrates is con-

sumed. Truly, to parody the old adage, one nation's meat is another's poison. It is not in my province at this time to discuss the relative position of flesh-eating and fleshless-eating nations, but on the face of it, it would at first sight appear as if the flesh-eating races were the dominant peoples of the earth. I am quite convinced, however, that this is only apparent and not real, and that the chief factor is unquestionably the amount and not the nature of the proteid. A liberal supply of proteid undoubtedly stimulates the vital powers, and where open-air life is possible tends towards great strength and abundant health, but where this is denied leads to excesses of all kinds in the way of stimulants such as tea and alcohol.

A diminished supply of proteid on the other hand always leads to the opposite state of lowered vitality, but as the friction is much less, there is less necessity for the consumption of stimulants, and diseases of a certain type, especially gout and rheumatism and allied states are less rife.

For every ounce of proteid swallowed from four to six of fats and carbohydrates are necessary, and for every ounce of fat from five to ten of carbohydrates are essential. Three ounces of proteid, the same of fat, and about sixteen of carbohydrates, of course all being water free, make a very fair day's allowance. Three times this amount of water and about half an ounce of mineral salts are also essential.

It will thus be seen that equilibrium is possible on a very varied dietary. It is a point worth observing that wherever animal proteids are easily obtained, either from accessibility or the necessary money to purchase them, that they are usually selected. Even in Japan, which has falsely obtained the reputation for being a vegetarian nation, eggs and fish form a part of the daily dietary, and have always done, and now that the army has departed from its usual peaceful avocations the people are rapidly degenerating to the level of a flesh-eating people with all its disadvantages.

We will now endeavour to study the actual changes which take place in each of the food elements in its passage through the body.

During starvation it is noted that the fat and muscles suffer first and the heart and nervous system least and last. Strong men die when they lose two-fifths of their

body weight, young people die much sooner, although if water be supplied both will last much longer. Cold-blooded live longer than warm-blooded animals, snakes living half a year, and frogs even living a year without food. The excretion of nitrogenous material is much diminished as compared with the carbon output, and this of course shows that the fats are being used up first, and that the proteids are not being interfered with until these have been consumed. All this shows how careful Nature is to conserve the vital parts of the body even in the day of stress, and supplies a hint for the treatment of those who may unfortunately have experienced the horrors of starvation. As all the fat has wasted off the body, and as it is the natural means of preserving the heat of the body the first thing to do is to supply artificial means of heat by blankets and hot water bottles. Many a life has been saved by this means, and it is often more important to do this than to supply nourishment. In any case this should be carefully done, as the organs have been weakened, and the safest thing to do is to supply small quantities of hot milk or hot milk and water until the strength has returned.

On a purely flesh diet man cannot live. Beef contains one part of nitrogenous to a little over one-half part of non-nitrogenous constituents. A healthy person excretes three hundred and eighty grammes of carbonic acid in expired air, urine and fæces, and to replace a supply of this amount at least four pounds and a half of beef must be digested and assimilated in twenty-four hours. To many people this would be an absolute impossibility even for one day, but in any case the strongest digestion would soon give way under it—then less beef would be taken and the fat of the body would soon be used up, and ultimately, as digestion failed still more, the proteids of the tissues themselves would be drawn upon. Now it is an interesting fact that the usual type of a perfect food is of animal origin, viz., milk, but few men would have the courage to tackle the amount necessary for daily nutrition because to supply the requisite quantity of proteid about six pints would be required. If however beans, peas, or lentils were selected, as they contain on an average 22% of proteid and 55% of carbohydrates and fats it would be quite possible to maintain life on them, and with

a liberal supply of water possibly health as well for a very long time.

In the vegetable kingdom all the highly nitrogenous foods contain large quantities of carbohydrates as well, so that it would be possible to do better, if one were compelled to select only one article of diet, on the fleshless system. Even a carnivorous animal, e.g., a dog with a short intestine and powerful active digestive fluids, can only live on a pure flesh diet free from fat provided it is very muscular and pretty fat itself. Even then it requires to eat each day 1-20th part of the weight of its body in flesh. If fed on lean meat it gradually uses up its own fat and succumbs. Thin dogs cannot live on a pure flesh diet as their digestion soon fails. It appears therefore that a purely carnivorous animal is absolutely unknown, and that for purposes of health it is absolutely necessary to have recourse to food from the vegetable world.

It is also interesting to note that when a carnivorous animal is being put in training to do steady work it is entirely cut off all animal food. Thus when beagles are about to start their cross country work they cease eating flesh and live on cereal foods during all the time they are undergoing this hard work. The reason given for this is that in no other way can they keep their wind, a salutary lesson for those who declare that only on animal food can they keep fit and capable of exertion. There is little doubt that so much energy is spent in digesting the animal food, and getting rid of the waste products which are swallowed with it, that practically none is left for muscular exertion.

The herbivora in common with the carnivora are quite unable to live on a pure flesh diet, as their digestive organs are only capable of dealing with vegetable food, but in sharp contrast with them they need only confine their attention to the vegetable kingdom to remain in perfect health.

The term proteid includes both vegetable and animal albumen, and it is only a convenient name with which to designate that substance. It is converted by the stomach into peptones, and these on being absorbed by the bowel wall are re-converted into albumen in the blood, much in the same way as a banker converts a cheque into cash, and then again into a cheque if so required.



CORRECT AND INCORRECT POSITIONS IN SEWING.

HOUSEWORK AND PHYSICAL CULTURE.

BY MRS. E. E. KELLOGG.

CARE and culture of the body are matters which should concern everyone in all walks and conditions of life. Physical integrity, approaching as closely as possible to that perfect wholeness of being which characterised woman fresh from the hand of her Creator, ought to be the aim of each individual daughter of the race.

Health is the strong ally of success in every sphere of action in life. But health is not retained without a faithful observance of Nature's laws, neither can it be obtained by desultory and spasmodic efforts. Nothing but the daily living up to the ideal, the constant and continuous obedience to physical requirements, will insure a sound body and vigorous intellect.

God's health decalogue ought to be considered just as binding as the moral commandments given on Sinai, and no one should mistake the need of understanding these laws, nor of applying them to one's daily life and duties.

Housework is such an ordinary procedure that one is likely to overlook the fact that there may be ways of doing common tasks which are more in accord with health than those customarily employed for the purpose. The very fact that housework is the chief occupation of the majority of women for at least three-fourths of their waking hours makes it apparent that the manner of doing it, and the surroundings and conditions under which it is done, must have a greater or less effect upon the health of the worker.

Housework ought to be so regulated that health shall be the first consideration: the health of the worker, and also the health of all for whom the work is done. For the worker, one of the first requisites is a working garb, permitting of perfect freedom of action and so short and light in weight as not to restrict any movement. To attempt to work in the long skirt of the prevailing fashion is to make every task

more toilsome. Tight collars, corsets, and bands should find no place in the worker's uniform.

In nearly all departments of house-keeping, thought and planning will make possible the saving of labour and energy to a greater or less extent.

Housework as ordinarily performed involves much standing at a table, range, or sink, with consequent weariness of body. Most of such tasks may be done as well and with far more ease when sitting, and a chair or stool with back of proper height, with foot-rest if needed, should form a part of the equipment of every kitchen, for use when washing dishes and preparing food. Every housekeeper should plan to have her work-table of such height as to meet her own individual needs. The regulation height at which tables are ordinarily manufactured is very commonly too low for women above medium stature. Blocks of wood placed under the table legs makes a convenient way to so adjust its height as to adapt it to the worker's stature, and make it possible for the worker, whether standing or sitting during the task, to maintain a correct poise. On this maintenance of

correct poise depends very largely the ease with which the household 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 the 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.

If one has got into the habit of standing, walking, or sitting incorrectly, it may require considerable effort to correct the poise, and at first it may seem more fatiguing to keep the proper position than to do the work in the old way. But one should persevere until the correct posture becomes a habit; not only because the work can be done with greater ease, but because it should be every woman's aim to attain as near to physical perfection as possible.

In performing any tasks which require bending of the body it should be remembered that the hinge of the body is at the hips, and not at the waist.



SWEEPING.



CORRECT POSITION.

In bed-making, as in sweeping, the correct poise should be maintained, depending upon the arm movements for the real labour, bending when necessary at the hips, and making of the throwing of each of the covers an opportunity for deep breathing, drawing in the breath as the arms are raised.

With a work table of such height that one can stand erect while at work, dish-washing and bread-kneading afford an opportunity for splendid arm and wrist movements.

The area which must be traversed in performing the multiplicity of duties devolving upon the housekeeper is likely to afford ample opportunity for exercise of the leg muscles, and within reasonable limits is a means of health preservation. Too much exercise at housework is of course detrimental, as is over-exertion in anything. Even the stairs which in some houses must be ascended so many times a day, are not the unmitigated evil they

appear if one learns to maintain the correct poise while ascending and descending steps. To climb stairs without fatigue one must avoid stooping. Incline the body slightly forward and keep the chest erect, as it were lifting one's self with the chest. The work is thus done with the legs and not the back. Plant the whole foot firmly upon the step. Breathe through the nose, making deep inhalations. If one has a burden to carry, it is well to stop once or twice during the ascent for rest and deep breathing. Never run up stairs.

In going down stairs, keep the body perfectly erect, touching the steps with the ball of the foot, and yielding at the knee.

It is a matter of consequence to every housekeeper to understand the principles which underlie physical culture, not only that she may know how to carry herself while performing her daily tasks, but also to know how to relax and rest the fatigued muscles between tasks.



INCORRECT POSITION.

SOME MORE "GOOD HEALTH" CHILDREN.

"THE spring blossom" of our frontispiece this month is Grace Myrtle Bacon, aged seven years. Her parents are vegetarians, and have brought Grace up on strictly health reform principles, and it would be hard to find a healthier, happier or brighter little girl. Her mother writes:—"Grace has never tasted meat, neither has she taken tea or coffee, but has lived on fruits, grains, and nuts since she was a year old. She has never suffered from any of the sicknesses which are most prevalent amongst children, but is strong and robust. The seven years of her life have been spent in the air as much as possible—sunshine or shower."

Humphrey and Millicent Gillmour, aged respectively two years and eleven months and one year and seven months, are the children of Mrs. Gillmour, editor of the *Irish Grocer*, Belfast. These children are being brought up in accordance with the principles advocated in GOOD HEALTH. They are healthy and well-developed, and splendid specimens of what children brought up on proper foods ought to be.

Hilda Grace Westcott is fifteen months old. When Hilda was born she weighed only three pounds, and it was feared she had not come to stay. Various foods were

tried, but none seemed to agree with her, and she did not gain in weight. Granose flakes prepared with milk so that they could be taken through a feeding bottle were then given her. On this diet Hilda rapidly began to improve. She now has eight teeth which have been cut without trouble, and is full of life, and perfectly happy and contented.

Albert Edwin Cooksey is one year old, and has been reared in harmony with GOOD HEALTH principles. E. E. H.

A DIET THAT WILL PUT ON FLESH.

WE are indebted to Miss Henrietta Kellogg for some valuable suggestions regarding diet for thin people. Following is an abstract of her contribution.

Many people ask, "Why am I so thin? What would you advise me to eat to put on flesh?" First, see that the digestive system is put in order if it seems to be defective. Be regular in your habits of eating, and give proper time for thorough digestion. Chew your food till it is thoroughly mixed with the saliva, and liquified. Cultivate reasonably active habits; especially get plenty of fresh air, and a sufficiency of restful sleep. Don't overwork.

Then there is the question of food. First, there should be a fair amount of the starches. Rice browned in the oven, zwieback, good whole-meal biscuits, and well-made and thoroughly baked bread furnish this element in abundance. In general, starchy foods are best taken in a dry state, as they need much chewing. The legumes have their place in the diet. They should be separated from their tough skins, and very thoroughly cooked. Mixed with equal parts of bread-crumbs they may be made into a variety of wholesome dishes.

Nuts furnish a very fine combination of fats and albumens. They may well be



BREAD KNEADING



GRANOSE SANDWICHES.

regularly taken by persons who desire to put on flesh. But they must be thoroughly chewed. Certain of the prepared nut foods are also very helpful.

Fruits have their place in sharpening the appetite, and promoting activity of the eliminative organs. They are not, however, with the exception of dates, figs, raisins and the like, rich in nourishment, and should not be depended upon too much.

Vegetables are useful also; but for the most part consist of water. Baked potatoes present starch in a very digestible form, and may well be a regular part of the diet. Green vegetables have their use, when properly prepared, in furnishing salts to the system, also as relishes.

One very important thing for the person who would lay on flesh, is to discover by careful experimenting what kinds of food seem to agree best, and then confine himself largely to those things, being careful, however, to maintain about the right proportion of food elements.

Simple eating should be the rule. Let the quality of the food and the cookery be the best, but let there be only a few kinds at a meal. This makes for a healthy state of the digestive system, which is of the highest importance in increasing the weight.

Don't think that very frequent eating—four or five times a day—will necessarily increase flesh. Healthy hunger is a good thing; it is impossible where one is continually putting something into the stomach. Three meals a day are ample, and for persons of sedentary habits two meals are usually better than three.

The following recipes will be found suggestive :—

Gluten Gruel.—Into one pint of heated milk stir a heaping dessertspoonful of wheat gluten. Bring to a boil, and serve hot. Season with a little salt if desired. More gluten may be added so as to make a porridge.

Peas Patties.—One cup breadcrumbs, two cups stewed split peas which have been strained through a sieve, and are of the consistency of thick cream. Mix well. A half cup of crushed nuts and celery; salt and herbs may be added if desired. Make into balls one and a half inches in diameter, and bake in an oiled tin for half an hour. Serve with brown sauce.

Brown Sauce.—Brown in the oven two table-spoonfuls of pastry or wholemeal flour on a sandwich cake tin. Mix with one dessertspoonful of white pastry flour. Rub smooth with a little cold water, and stir into a pint of hot rich milk. Allow it to boil a moment. Serve hot.

Protose with Tomato.—Rub half a tin of tomatoes through the colander, and add a half-pound tin of protose or nuttose cut into cubes about half an inch in diameter. Let it simmer slowly in a covered saucepan for half an hour or more, adding a little hot water if necessary. Season with salt, and serve hot.

Browned Rice.—Brown the rice in a slow oven, being careful not to burn it. It should be of a straw colour. Rice thus treated may be cooked very quickly, and will not tend to mash as easily as ordinary rice. It may be served with fruit juice or cream.

Poached Eggs on Granose Flakes.—Crisp the flakes, put a few on each plate, warm in oven, and drop on them two nicely poached eggs; sprinkle the eggs with salt, garnish with parsley and serve.

Sandwiches may be made from granose biscuits by crisping them in the oven, splitting them open, and placing between sliced eggs, protose, or whatever may be desired.

“ EDDIE, I wisht I wuz as fat as you, an' I'd be happy ! ”

“ You only think so. Us fat folks has our sorrers, too, but they don't show, an' we don't get no simferthy ! ”—*Life*.

PREPARING FOR THE LITTLE ONE.

BY MRS. EULALIA S. SISLEY-RICHARDS, M.D.

THE making of baby's wardrobe, which is always a work of love, should be no less a work of good judgment and common sense.

It is to be feared that most young mothers give far too much attention to beautifying their babies' garments, and much too little to the questions of comfort and health. It does not matter so much just how many tucks or ruffles adorn a baby's dress, or whether real lace is used in trimming, but it does matter whether or not the little garments provide proper warmth, and room enough for baby to breathe "and move and have his being." These are questions of vital importance.

In preparing the wee one's wardrobe, let every expectant mother bear in mind these few suggestions:—

1. Let every article of dress serve a definite purpose. Do not burden baby with a single unnecessary garment.

2. Be sure that every garment is made large enough. The healthy infant grows rapidly, and many materials shrink considerably in the washing.

3. Arrange the clothing in such a way that all parts of the body will be sufficiently clothed, none overdressed.

4. Study to make each garment simple in itself, so that it can be easily and quickly adjusted.

5. The weight of all skirts or pinning blankets should be carried by the shoulders.

6. The dresses should not be more than thirty inches in length from shoulder to hem, and the skirts accordingly. Long, heavy skirts hinder baby's activity and development.

A wardrobe which has much in its favour consists (beside the flannel band and diaper) of only three pieces, a shirt, a skirt, and a dress. The shirt is made of soft flannel, or of a wool and cotten mixture, so as to lessen shrinking. It is made like a plain gored night-dress, twenty-seven inches in length, with high neck and long sleeves. It closes in the back with flat buttons. The seams are sewed on the outside so as not to irritate baby's tender skin. This garment takes the place of both shirt and pinning blanket. The flannel skirt is made in the same style, only a little larger and an inch longer. It may be low necked and without sleeves. This garment may be embroidered or finished in any desirable way at the bottom. The third garment is the little dress of cambric or nainsook which may be made in any suitable style.

The chief advantage of this wardrobe is that, as the three garments all close in the back, they can be arranged one within the other, sleeve within sleeve, and all slipped over the baby's head at once. With the ordinary



MILLICENT GILLMOUR.

style of dress, baby is turned from back to front, and from front to back an indefinite number of times during the process of dressing, but this unpleasant exercise is quite done away with in the suggested wardrobe. Also, it will be noticed that the weight of the garments is all borne by the shoulders, and that there are no constricting bands, which are matters of great importance. In order to prevent cold air entering at the point where the three garments close, the dress may be made to close directly in the middle of the back, the skirt a trifle to one side, and the shirt a little to the other side.

The flannel band is only needful during the first few days of life. It should be made of soft flannel, about six inches wide, and twenty inches long. It should be fastened with just enough snugness to hold the needful dressing in place. Many mothers believe a tight band is necessary in order to prevent the occurrence of rupture. This idea is entirely erroneous. A tight band is not only unnecessary but positively injurious.

Concerning the diapers, they should be made of some soft absorbent material. The cotton or linen diaper cloth does very well though really there is nothing much softer and better than the butter muslin that costs two and a half or three pence a yard. It is a great mistake to burden a baby with large, heavy diapers. They crowd between the thighs, separating them too widely and thus, in some cases, producing the deformity known as bowlegs. Also they overheat this portion of the body, making baby irritable and fretful. Under no circumstances should a rubber or other impervious material ever be used over the ordinary diaper. If extra protection is needed, a piece of butter muslin may be folded into a small square and placed within the ordinary diaper.

The custom of leaving the baby's arms and legs bare, has been discouraged in previous articles, but mothers do forget, consequently babies suffer. It seems strange that mothers will persist in dress-



HUMPHREY GILLMOUR.

ing their babies in a way that they themselves would find most uncomfortable, especially when it is understood that young children cannot resist the cold as do adults. It is not merely the chilling of these exposed parts that does harm, but the internal congestions that so often result from these external chillings. There is no doubt that this thoughtless and foolish custom of dressing children is responsible for many a serious lung and bowel disorder—yes, and for many a child-funeral.

When the time comes for baby to be put into short clothes, it would be best to substitute for the long, loose, flannel skirt a close-fitting, knitted or woven shirt, as these clinging garments are much warmer for a child who is running about. Also at this time baby will need warm stockings which are long enough to reach above the knees so that they may be fastened to the diapers. The diaper in turn should be

supported in some way. It may either be pinned to small tabs attached to the bottom of the little shirt, at the front and back, or else it may be pinned to a bodice which is made on purpose to support the diaper.

In selecting baby's shoes or boots, be sure to get those that conform to the natural shape of the foot. These "natural-form" boots may be had from many

dealers and are vastly superior to the old fashioned styles that are so potent in producing deformities of the feet. 28707

In planning baby's wardrobe keep ever in mind the questions of greatest importance. Make the little garments as pretty and dainty as you please, but under no consideration sacrifice comfort or health on the altar of beauty.

THE MEDICAL PROFESSION AND THE USE AND ABUSE OF ALCOHOL.

STATISTICS show that alcohol is the direct cause of about 70,000 deaths each year in the United Kingdom. In our opinion this is a low figure, and the real number is doubtless much larger, especially if we include those deaths which can be traced indirectly to drink. And yet there are good, conscientious people who believe that alcohol is a benefit and a blessing if used moderately. They think it possesses some mysterious virtue of great value, and that in either health or disease it is a necessity, either as a beverage or a medicine.



ALBERT EDWIN COOKSEY.

To those who advocate a moderate use of alcohol, and to all interested in the temperance problem, we commend an excellent article with the above title by T. N. Kelynack, M.D., M.R.C.P., in the November number of the *Young Abstinence*. If space permitted we should like to reprint it in full, but failing this we make the following extracts:—

The Practice of the Past.

It is but fair to admit that much of present ignorance pertaining to the use of alcohol, both in health and disease, is the outcome of incomplete knowledge, erroneous teaching, and ill-advised practice in the past.

It was formerly believed that alcoholic beverages were desirable, and even necessary *dietetic agents* for the healthy, and served as useful *nutrients* for the diseased.

The custom of placing alcohol among the so-called stimulants instead of grouping it with what we now know as narcotics, has also tended to perpetuate misleading views, both among the profession and the public, regarding its therapeutic value.

Until comparatively recently alcoholism only in its grosser forms has been recognised pathologically or studied clinically; and generally speaking it has been customary to regard it as an unavoidable and even necessary evil. With the coming of fuller and clearer knowledge, scientifically directed effort may accomplish much that is rich in prophylactic power, and discover measures which are fruitful in attaining permanent arrest.

The Results of Experiment.

By the application of the experimental method many of our views regarding the action of alcohol have been recast, and our knowledge regarding the pathological changes induced much extended. New light

has recently been thrown on the subject from many quarters.

The physiologist can now demonstrate that alcohol, even when taken in comparatively small quantities, produces a distinct interference in the normal oxidation of the tissues, lowers the functional activity of various organs, impairs the working power of the human machine, and diminishes capacity for endurance.

The pathologist now not only examines the morbid tissues of the human alcoholic, but can experimentally produce various disease processes by the action of alcoholic drinks.

The bacteriologist has shown that alcohol lowers powers of immunity and increases predisposition to many infectious diseases.

The experimental psychologist has also done much to explain the influence of alcohol on mental processes, and by means of psychometric tests, has proved that even in quantities hitherto considered strictly moderate it may slacken and derange mental action.

The Evidence of Experience.

It is remarkable how almost simultaneously in every field of research into matters concerning the well-being of the human, similar conclusions have been reached, pointing to alcohol as the chief causal factor in the establishment and maintenance of innumerable ills.

Students of evolution, working from the standpoint of the anthropologist, the historian, and the sociologist, have amassed valuable evidence, which goes to show that alcoholism, not only among savage races and primitive people, but amongst the highly civilised has acted as a drag on human development.

Medical practitioners in all branches of the profession are testifying to the widespread disaster accruing from the all too prevalent use of alcohol.

Physicians find that in every rank of life alcoholism is answerable either directly or indirectly, not only for the widespread prevalence of many so-called minor ailments, but also for much of the deterioration and decay of tissues which form the physical basis of many chronic and incurable affections.

The surgeon recognises in alcoholism a fruitful cause for injury and accident, a strongly predisposing factor in certain forms of infection, and a condition inimical to processes making for repair.

The neurologist and alienist of recent years have collected an enormous amount of evidence from all parts of the country, which goes to show that either directly or indirectly alcohol is answerable for much of the widespread nervous derangement which exists, and is undoubtedly a causal factor of great importance in the establishment of mental disease.

Important evidence is now forthcoming from those we are accustomed to speak of as "specialists," all of which evidence tends to show that alcoholism is more widespread and exercises a greater ill both on the individual and the State than is generally admitted.

There is strong reason to believe that alcoholism is rapidly extending among women.

Undoubtedly much of the disease and disaster which overtakes such a large proportion of the child-life of this country is due to alcoholism in the parents, and the pernicious influence exerted by the alcoholic environment.



HILDA GRACE WESTCOTT.

QUESTIONS AND ANSWERS.

Our correspondents are requested to enclose a penny stamp with their questions, as it is often necessary to answer by post. No attention is paid to anonymous communications.

Mouth Gargle—Vapour Bath.—A. E. H.: "1. What antiseptic would you recommend to use as a mouth wash and gargle besides salt and water? 2. Would you advise me to take a vapour bath more frequently than once a week?"

Ans.—1. Listerine or peroxide of hydrogen will make an excellent mouth wash or gargle. Take one part of either to three or four parts of water. 2. No, not under ordinary conditions.

Boiling Milk—Diet for Hard Study.—"A Learner": "1. Ought milk to be boiled before drinking it? 2. Does boiling make it indigestible? 3. Is it possible to do hard study on a diet of wholemeal bread, fruit and nuts?"

Ans.—1. No, it is better to heat the milk to a temperature of 160 deg. Fahr. for fifteen minutes. This temperature is just as efficient in destroying the germs of milk as boiling. Pure milk which has been properly handled and obtained from healthy cattle need not be heated before using. 2. It is not desirable to boil milk, although such treatment does not render it indigestible to any large extent. 3. Yes.

Removal of Superfluous Hair by Electrolysis.—S. S.: "1. Is the removal of hair by electrolysis a permanent cure? 2. Is there any other method of removing superfluous hair which is more effective?"

Ans.—1. Yes. 2. No.

Operation for Varicose Veins.—M. C.: "1. What is the nature of this operation? 2. Is it likely to prove a permanent cure? 3. How long will it be necessary to remain from work if I undergo a successful operation? 4. Is there any danger of permanent injury? 5. What marks or scars will it leave? 6. Would it reduce the whole of the veins in the legs? 7. I am thirty-eight years of age. Would you advise an operation for me? 8. Having varicose veins in both legs, would it be necessary to operate on both?"

Ans.—1. The operation consists of an incision through the skin and the ligature of the veins and usually the removal of those most diseased. 2. Yes, if the after conditions under which you live are satisfactory. 3. From four to eight weeks according to the severity of the case. 4. Very slight, if any. 5. Of course there will be the scar along the line of incision. 6. Yes, probably. 7. Yes, if you are otherwise in good health. 8. Yes.

"Hot Bath."—"1. Kindly tell me whether sleeping in a cold bedroom after a hot bath is likely to give one neuralgia or faceache. 2. Is there any danger in taking a hot bath, and then sleeping in a bedroom without a fire?"

Ans.—1. A hot bath should be followed by a cold spray, a cold mitten friction, or some other cold application, in order to close the pores of the skin and thus prevent taking cold. Follow the cold application with vigorous friction. If this is done, a hot bath is not likely to cause neuralgia. 2. No, provided the bath is taken as above described.

Lumbago.—A. W.: "Kindly let me know through the columns of GOOD HEALTH what you would advise for a bad attack of lumbago."

Ans.—Apply hot fomentations across the back, or, better still, take a hot hip pack. This will relieve the pain. You should have a Turkish or electric light bath twice a week in order to promote free perspiration. Drink water freely in the morning and between meals, and avoid the use of flesh food, tea and coffee.

Almonds—Peanuts—Vegetables.—J.N.: "1. Kindly tell me the food value of almonds. 2. Peanuts. 3. Could one keep well and strong without vegetables, if one uses fruit freely?"

Ans. 1. Sweet almonds contain, approximately, 6 per cent. of water, 24 per cent. of albuminous elements, 8 per cent. of starch, 53 per cent. of fat, and 9 per cent. of salts, making a total nutritive value of about 87 per cent. 2. The peanuts contain, approximately, 7 per cent. of water, 28 per cent. of albumen, 2 per cent. of starch, 46 per cent. of fat, 3 per cent. of salts, with a total nutritive value of about 80 per cent. 3. Yes. Still, in ordinary practice, we think it preferable for most people to use a moderate amount of vegetables, which may be best taken with the midday meal.

Spitting of Blood.—C. H. S.: "What would be the best course for me to adopt in order to stop the spitting of blood? The attacks seem to proceed from the lungs, and the blood is mixed with phlegm. I have lost three brothers by consumption."

Ans.—Consult a physician at once and have your lungs carefully examined to ascertain their state. If they are affected, you must go in for a course of physical culture, especially deep breathing exercises, and an out-of-door life as far as possible. Your diet must be liberal, and consist largely of dairy products, especially cream, butter and eggs, together with fruit (both fresh and stewed), dextrinised breads and grains, nuts, and nut foods. Bathing the chest with tepid or cold water, followed by brisk friction is helpful in strengthening the lungs.

Bad Breath.—L.S.: "Will you kindly give me advice as to how to cure bad breath?"

Ans.—Consult a dentist in reference to your teeth, and have them attended to, if necessary. Decaying teeth are sometimes the cause of a foul breath. If you are troubled with nasal catarrh, obtain some instrument, such as the Perfection Vaporiser, to treat the disease, and get rid of the catarrh. Certain forms of nasal catarrh produce a bad breath. More often, however, the cause is in the stomach, and the offensive breath is associated with gastric disturbance. If this is true in your case, you must alter your diet. Drink water freely in the morning and between meals, and apply hot fomentations to your stomach and liver. A warm full bath, or a Turkish or vapour bath twice a week will also be helpful.



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THROUGH an inadvertance for which we are
sorry an illustration from "Gray's Anatomy" be-
longing to Longmans, Green & Co., was used in the
December GOOD HEALTH to illustrate an article
on "The Chief Causes of Catarrh," without giving
them credit.



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THE "Chart of Life," by Professor Boyd Laynard,
is published by Hammond, Hammond and Co.,
12 Paternoster Row, London, E.C., price 3/- post
free. The chart contains a large number of ex-
cellent diagrams showing the nutritive value of
various articles of food, and an interesting table
telling the time required for digesting different
foods. There is much other information, some of
which we could not agree to.



May "Good Health" will contain an article by
Dr. Franklin Richards on the "Home Care of
the Sick."

Dr. Sisley Richards writes about the "Family
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A CHANGE OF DIET.

other hand, it is often the cause of disease and death. It has long been a recognised fact that nuts contain a larger percentage of wholesome and nutrient material than any other class of foods. The great objection has been their firm flesh, rendering mastication difficult. A nut when imperfectly masticated or otherwise reduced to a pulpy consistency, is indigestible, owing to the firmness of its structure. By a fortunate discovery, a method has been found whereby nuts can be rendered easily digestible, and capable of ready combination with other foods in a variety of ways. The most valuable products that have been thus far developed are described below. They supply all the nutriment that can be obtained from the best flesh meats, without the impurities. Our Nut Foods promote Life and Health by nourishing muscles, brain, nerves, and the other active tissues of the body.

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People are finding out that they need not live on dead flesh; thousands annually discard its use because of the increase of disease among animals, and the changes which meat often and rapidly undergoes after death.

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SIRS:—"I have been extremely interested in your two articles in GOOD HEALTH upon education, and am glad you are taking up the subject. I feel very strongly that it is one which should be taken up by the medical profession (the members of the profession I think, generally speaking, do not agree with me, they rather prefer to act the part of the 'Priest and Levite' and 'pass by on the other side'). I am afraid, however, that 'The School of To-morrow' will have to wait until the Millennium before it becomes a reality, still there is no reason why our ideal school should not be a high one even if it is 'lost in the actual.' At the present time our feet only seem to be on the lowest rung of the ladder. May we climb. It seems to be a good sign that people are beginning to realise that the present system of education(?) is in most respects a failure. Of course, I naturally look at the subject from a private school view, although I have studied the other side of the question, and much as I feel how far I fall short of what I would be, I do believe the private schools in most cases are doing a good work, but we are hampered so much on all sides. We do try to encourage individuality in the pupils, and not turn out a lot of 'human sponges.' Most of my work consists in preparing pupils for the public schools, so that they leave me at eleven or twelve years of age. I have, however, kept some few, who have been delicate, until they have left school altogether, and with all humbleness, I feel I have helped to make them good and noble women. They have never been presented at any examinations, except music (at which they have done well), and have had very few home lessons. Physiology, botany, and brush work from nature are included in the curriculum. The hours are

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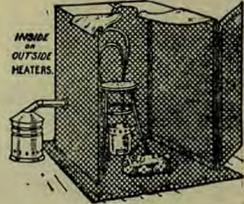
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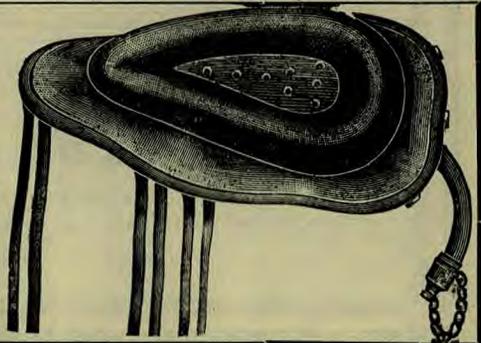
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