

GOOD HEALTH



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EDITORIAL CHAT.

Influenza. THE plague of influenza is still with us and the third epidemic in the course of the past ten months is now claiming its thousands of victims each week. During the month of February and the early part of March the death rate from influenza has been steadily rising although at the present writing it has not yet reached the high mortality of the autumn.

Prevention. Whatever the germ or germs may be, we know that influenza is a distinctly infectious disease and that after an incubation of one to three or four days the patient manifests some of the signs of a hard cold combined with rapid prostration, fever and much pain. There are no better preventive measures than sunlight, fresh air, efficient ventilation, warm woollen clothing, and protection from wet feet, damp and cold. A warm bath at night just before retiring is not only refreshing but also helps to equalise the circulation and if a warm bed follows with a hot bottle to the feet, if they are at all damp or cold, and with windows wide open, there is the best opportunity for refreshing and strengthening sleep. Damp, chilly rooms, poor and insufficient footwear and scanty clothing predispose to colds and influenza by lowering the vital resistance. Fear also lowers the powers of resistance and undoubtedly renders one more liable to infection. Don't think of influenza or fear the possibility of infection.

Masks. While a mask at times might be a useful source of protection for nurses and doctors, there is no reason to believe that their general use would be of any particular value. But it is important

that anyone who is sneezing or coughing should take care to sneeze or cough into a handkerchief so as to prevent the spreading of the particles of saliva and mucus which are usually laden with germs of disease. This is particularly true of those who are just coming down with influenza and may still be up and about. To keep a clean mouth it is necessary to brush the teeth daily with some good antiseptic tooth paste and to see that they are kept in good repair. A mild antiseptic for rinsing and gargling the mouth is also valuable. Towels should be always individual and the common roller towel should be abolished. It is insufficient to rinse glasses and cups after using them. The proper treatment is to wash them in boiling water for a few minutes and then soak them efficiently with soap and water, using clean tea cloths to dry them.

Ministry of Health. All people who realize that the health of a nation is its greatest and noblest asset must welcome the recent Ministry of Health bill and wish it a speedy passage into law. As we understand it the Ministry of Health has nothing to do with State Medical Service, an entirely different question. But such a ministry will make it possible for the first time to place all laws and regulations concerning health, sanitation, hygiene, and the physical welfare of the people under one central control. There are many grave and important questions pertaining to the health of the nation that require speedy attention. There is the matter of school hygiene and care of the children of school age, and there is also the question of the care and protection of the mothers so as to give them a reasonable chance to bear healthy virile children.

Housing. And then there is the vital question of providing healthful homes for the labouring classes. One of the demands of the miners, and we can only think it is a very reasonable and proper demand, is for better housing. It appears that many of the miners and their families, possibly even the majority of them, are now existing, for we cannot rightly say living, under conditions which ought not to be tolerated in any Christian land. Again there is the question of the working hours and the working week which deserve careful investigation. Lord Leverhulme, a merchant prince and one of the most successful organisers of labour, has told us repeatedly in his lectures that a shorter work day is possible and at the

same time he promises that there need be no decrease in production. That sounds good. It is only natural after the terrible upheaval, destruction and distractions of the past four and a half years that the working classes should ask for more tolerable conditions of life and a better chance for health and happiness than they have enjoyed in the past. It is the rank and file of the labouring men that have won the war and in our opinion they deserve well of the nation and we believe that all they have to do is to state their case and give an opportunity for ample investigation to obtain any reasonable demands that they may ask, for with their health and their happiness is bound up the welfare and prosperity of the nation.

SEASICKNESS.

BY A. B. OLSEN, M.D. D.P.H.

MANY who otherwise would gladly take a sea voyage are deterred by the fear of seasickness. Of the minor maladies which afflict man *mal de mer* is undoubtedly among the most distressing and miserable. It is marvellous how soon an attack can change a healthy man or woman, bubbling over with courage, hope and good cheer, into a condition of abject misery which beggars description. In a few brief moments the poor victim becomes absolutely indifferent to everything except his own wretched sufferings, which in a bad attack completely overwhelm him. Fogs, icebergs, or the possibility of collisions no longer interest him. He is oblivious to everything outside of his alimentary canal, and quickly makes it clear to all and sundry that he wants nothing more than to be let alone.

Preventive Measures. WHILE seasickness is as a rule no respecter of persons, there are, nevertheless, some precautions and preventive measures which can be taken by most people with advantage. Simplicity in diet, an abstemious life, and freedom from worries and fears about the voyage, conduce to sound digestion and stability of the stomach. Too often the benefits of sea life are more than neutralized by frequent and excessive eating and

unwise drinking. The aversion for food that often comes with satiety is quite sufficient on ship-board to provoke an attack of seasickness. Further, the idle, lounging life, while giving repose to tired and overwrought nerves, does not improve digestion. The large variety of heavy meat, game, and fish dishes, the hot, irritating sauces and soups, the sticky pastries and puddings, the free use of condiments, and the excessive grease, all combine to upset the stomach and liver and invite an attack of *mal de mer*.

Diet at Sea. THEN what should we eat at sea?

Fruits, fresh salads, succulent vegetables and greens should predominate, and, taken with a few nuts and cereal foods, suffice to make a light but sufficiently nourishing diet to meet the requirements of most people. If taken at all flesh foods should be used sparingly. The fruitarian system is the ideal for ocean travel. Remember that a hungry stomach does the best work and is least liable to disturbance. When disinclined for food avoid the dining-room and stay on deck. The crisp ship biscuit, which is always obtainable, is all that is required for a day or two for those who are inclined to be sick. Some find the juice of an orange or grapefruit acceptable, while others prefer a lemon or freshly-prepared

lemonade with little or no sugar. It is a fallacy to think one must eat regularly each time the gong sounds and not miss a single meal, if one is threatened with seasickness.

Walking and Games.

A BRISK promenade on the upper deck for an hour or more after each meal is an ideal exercise, and not only gives activity to the muscles but also does much to ensure good digestion. Shuffleboard is deservedly a favourite game at sea, and affords both pleasant diversion and a fair amount of muscular activity. Deck tennis is a much more vigorous game and soon brings perspiration. It can be played with rope quoits or sandbags. Throwing rope quoits on a hob requires more skill than muscle. Outdoor games of this character are far more profitable than indoor games of chance such as cards, which are so frequently associated with smoking, drinking, and gambling.

Sitting or reclining on a deck chair and breathing the pure, bracing ozone of the sea is of itself a fine tonic. One of the great advantages of ocean travel is the open air life.

Cures for Seasickness.

WE often hear of so-called cures for seasickness but truly there is no sure cure except *terra firma*, which acts like magic. No reliance can be placed in any of the advertised preventives or remedies for seasickness, no matter what is claimed for them. Usually the greater the guarantees given the more unreliable the nostrums. Most of them are entirely worthless, and some are more calculated to produce seasickness than prevent an attack. The use of secret remedies of any kind means wasting both money and health.

Recreation and Repose.

A LONG sea journey is an ideal prescription for certain cases of nervous debility and exhaustion. The open air life, the solitudes of the sea, the leisure for quiet thought and contemplation, and the bracing breeze and wind, soon bring repose and calm to the harassed, nervous and excited brain. The bright blue sky and ever-varying clouds by day, the twinkling stars and shimmering moon by night, the brilliant coloured sunsets, and the radiant rainbows hovering in the spray of the ship, all combine to

divert the mind from self-introspection, fretting, and worry.

A bath in the salt water, a vigorous rub down leaving the skin a crimson glow of health, a glass or two of cold water, and a walk on deck prepare one to do justice to a plate of porridge, a few crisp sea biscuits, and a liberal helping of fruit.

Then, more walking, games of deck tennis, shuffleboard, quoits, etc., a quiet read in a deck chair, and soon the morning passes and the midday lunch becomes an acceptable one. Skip the eleven o'clock bouillon and the afternoon tea, as well as the late supper, and confine drinks to plain water and freshly prepared lemonade. Retire early and rise when you wake in the morning so as to get on deck as soon as possible. Live the outdoor life in earnest and you will quickly note an increased vigour of both brain and body, peace of mind and calmness of spirit, and a return of boundless health and fitness.

Active At Eighty-Six.

OUR readers will be interested to hear about one of the oldest and best friends of "GOOD HEALTH," Mr. Joseph Wilson of Bradford. In his message to the work-people of his firm Mr. Wilson writes:—

"I feel sure you will rejoice to know that, though in my eighty-sixth year, I am so full of mental and physical vigour as to be able to give eight hours per day to active business life."

We take the liberty of quoting further from this letter concerning some of the secrets of Mr. Wilson's long, happy, and successful career.

"There are six things in my long life I am proud of to-day:—

1. That I signed the Pledge over seventy years ago.
2. That I have been an active worker in the great movement ever since.
3. That I have been a Life Non-Smoker.
4. That I have been a vegetarian nearly sixty-nine years and have had very happy experiences.
5. That I became a Sunday-school Teacher sixty-nine years ago and am still at work.

6. That my riches have been in the fewness of my wants."

We extend to our old friend Mr. Wilson our heartiest congratulations on passing

the eighty-sixth milestone of life and we wish for him many happy returns of the day until he has rounded out at least a full century.

Vegetarian Menu for Ten People for One Week.

Total cost £2 3 9 or 7½d. per day per head.

BY FREDA WALTON.

Sunday.

Breakfast.—Porridge (crushed oats), hot milk, brown bread and butter, apples.

Dinner.—Macaroni cheese, beetroot, stewed fruit, bread and honey.

Supper.—Home made scones (brown) and butter, watercress, jam, hot milk.

Monday.

Breakfast.—Grape-nuts, hot milk (or eggs), brown bread and butter, oranges.

Dinner.—Butter beans, cauliflower, parsley sauce, cheese, beetroot.

Supper.—Ground rice, roasted onions, marmite gravy, cake, milk.

Tuesday.

Breakfast.—Porridge, hot milk, brown bread and olive oil.

Dinner.—Baked batter pudding and nut meat, cabbage, potatoes, stewed fruit or apple charlotte.

Supper.—Home made scones and butter, honey, jam, milk.

Wednesday.

Breakfast.—Shredded wheat biscuits, apples, brown bread and butter, hot milk to drink.

Dinner.—Boiled batter pudding with golden syrup, cheese, beetroot, oranges.

Supper.—Poached eggs, bread and butter, cake, jam, hot milk.

Thursday.

Breakfast.—Porridge, fruit, bread, honey, hot milk.

Dinner.—Nut meat in baked batter pudding, cabbage and carrots or potatoes in jackets, marmite gravy, rhubarb tart, hot milk to drink.

Supper.—Home made scones and butter, watercress, honey, milk.

Friday.

Breakfast.—Porridge, scrambled eggson buttered toast, fruit, hot milk.

Dinner.—Vegetable soup with vermicelli (made Thursday to suffice for two days), crusts baked in olive oil to eat with soup, rhubarb tart, cheese.

Supper.—Pineapple chunks, home made cake-buns, bread and butter, honey or jam, hot milk to drink.

Saturday.

Breakfast.—Shredded wheat biscuits, fruit, bread and butter, honey, hot milk.

Dinner.—Vegetable soup (prepared Thursday) and crusts, fruit mould, blanc-mange (made previous morning).

Supper.—Radishes, watercress or celery, white and brown bread, pineapple chunks, home made cake-buns, hot milk.

The milk is sterilised.

The porridge is made of crushed cats.

It will be seen that very little cooking is required as the vegetable soup is made in a hot pot to conserve juices. All potatoes, baked or steamed.

This menu has sufficed for three months for a family of five adults and five children. The milk item is the most expensive but has been found to be a wise expenditure. In ordinary times the cost would be 5½d. per head per day.

COCKNEYS are quick at repartee, but their wives can generally go them one better. Mrs. Higgs, in the East End of London, was speaking to her friend, Mrs. Nokes: "Come 'ome ter me 'e did, an' said 'e'd lost 'is money—slipt thro' a 'ole in 'is pocket. 'Yus, I sez, 'but by the way ye're wavin' abaht, it seems to me it's slipt thro' a 'ole in yer fice.'"—*Anon.*



The Ladder of Health.—IV.

BY A. B. OLSEN, M.D., D.P.H.

The Use of the Car.

THE life of a machine is measured by the way it is driven and the use to which it is put. Good care, proper management, reasonable driving and intelligent control make both for efficiency and long life. On the other hand, neglect, careless driving, erratic management, and other kinds of abuse not only reduce the efficiency of the machine but also shorten its life. Abstinence from hurtful lusts and pleasures and strict moderation in the use of the good things of the earth, in work and in recreation, are the chief secrets of a useful, healthy, and happy life.

While we are not consulted in the selection of the human car, we are nevertheless responsible for its management and driving, and the care we give it and the use we take out of it very largely determine not only its life but also its usefulness and vital efficiency. The human car ought to be very precious to us for it is the only one that we ever get and it must last our lifetime. With relatively few exceptions the average man or woman gets an extremely good car to start with and it is well to remember that there is always the chance of improving the car and making it still more efficient and serviceable. The life of the human car, that is, of the physical body, is very largely measured and determined by the conduct and management of the individual owner. Those who are selfish and careless and give way to self-indulgence, lust and

passion, all of which undermine health and dissipate life, suffer accordingly and ultimately pay the penalty for their abuse. For various reasons they fail to comprehend that they individually must and do pay the price for their dissipation and their wanton waste, in a thousand and one discomforts, in aches and pains galore, and in distress of body and mind, all of which, be it remembered, they bring upon themselves.

Cleanliness.

To run a car successfully strict cleanliness is necessary. The machine must be kept clean and free from dust and grit if it is to run smoothly and with the minimum of wear and tear. This means something much more than cleaning the outside of the machine and polishing the more or less showy brass and silver with which it is adorned. While outside cleanliness is desirable and necessary it is far more important to keep the internal parts clean and thus prevent the gathering of waste matter which would clog the delicate machinery and hinder its successful running. This is emphatically true of the human machine and the vital internal mechanism which controls all its activities. It is the old story of making clean the outside of the platter and neglecting, and oftentimes grossly, the all-important internal organs. This means supplies of pure water and clean food, together with active and efficient elimination of all waste matter.

All machines deteriorate and rust from want of use. It is a mistake to think that we can preserve a machine by putting it on the shelf or in a store room and leaving it there indefinitely. Proper use benefits a machine and this too is equally true of the human car. Our muscles grow strong by use and the same is true of all the organs and tissues that go to make up the living machine. Even a motor car improves from day to day and week to week by proper use, and gradually runs smoother and easier. This again is true of the human car.

But anything approaching neglect or abuse has just the contrary effect. We have two extremes to avoid. There is the quiet sedentary life and the physical weakness, debility and enervation, which it entails, on the one hand. On the other hand we see the hustler rushing from one thing to another, burning the candle at both ends, and not allowing proper time for rest and recreation. His irregular habits, his erratic life, and his careless dissipation of energy soon lead to a breakdown which may be accompanied by mental derangement or a complete smash. All abuse of the living car tends to shorten its life and at the same time brings grievous sorrow, pain and distress.

Danger of Strain.

There are those who not only give way to the lustful pleasures of the appetite but also, for one reason or another, put too great a strain upon their car by leading such strenuous lives that they do not give themselves an opportunity for the necessary rest and recreation which a successful life demands. Their pace and their dissipation is

too great, for the high speed at which they are driving their car is rapidly shortening its life. Let no one think that he can indulge in the luxury of scorching without paying the penalty. Persistent and long continued strain of one or more of the organs of the body sooner or later leads to disaster and the living machine is liable to break down from the giving way of some apparently insignificant but none the less vital part. Nervous breakdowns, which are increasingly common, are the result of long continued worry, fretting, and other forms of nerve-strain, combined, as a rule, with indiscretions and excesses of drink and diet.


Narcotics.

Then comes the danger of resorting to some anodyne, narcotic, or sleeping draught to quiet the overstrained nerves and hush the excited brain. The temptation is oftentimes very great, too great, unfortunately, to be overcome. The will is already weakened by unwise indulgence, and it is an easy descent to add to the alcohol and tobacco, opium in one form or another, veronal, chloral, or even cocaine, perhaps the most insidious and deadly of narcotic poisons. Taste not, touch not, is the only safe rule with regard to all narcotics, including alcohol and tobacco.

(Concluded)



The Simple Life A Good Remedy for Nerve Strain.



My Girl.

How Mothers Can Keep the Love and Confidence of Their Girls When They are Growing up.

BY MOTHER ALICE.

JUST a few words with you about my own true experience. Many mothers are feeling sad and lonely because the little ones who were so dear to them, seem, as they grow up, to be drawing away from mother and becoming strangers, whereas when they were tiny, she had *all* their little confidences. Why are these open-hearted children so different now? Well, I will give you one reason that I have gathered from my experience as a mother of a daughter of my own, and the daughters too of many other mothers who come to me. If my girl's friends have love affairs or troubles, she says to them, "Come home with me and we will talk it over with mother. She isn't grown up a bit; she just knows all about these things; she has heaps of boy sweethearts of her own even now." I talk to them in a natural open way of the inner things which concern themselves, and how glad and grateful they are. Why *do* our children grow away from us? Well, I think it is this way often. As they begin to grow up, they find changes taking place in their bodies and, having received no instruction as to the meaning of this development, they are perplexed and shy, and shrink from saying anything about it, because they *have never been encouraged* to do so. They hear about things concerning sex from their schoolmates and from coarse jokes and suggestions of grown-up people but there is nothing sacred about it, and under these circumstances can we wonder that they get perverted ideas and unclean thoughts? It is all a mystery to them and if they want knowledge, as they mostly do, they are

apt to go to questionable books or people or places to get it. Others may get into trouble or bad habits, which if they had been faithfully taught by their mothers might have been avoided.

When my little girl was ten or eleven she made a remark one day in quite a natural way which led me to believe she knew something of the way babies are carried. I said nothing at the time because others were there, but when I had her to myself at night, I questioned her. "Yes, mummie," she said, "the girls at school told me long ago. Is it true?" "Yes, dearie," I said, "and I will tell you all I can about it. If you want a little flower all your own, you get a tiny seed and bury it in the dark earth and cover it up and leave it for a time. In that seed is a bit of God's life and it begins working away underground and growing day by day until the right time comes, and then one morning you go to look and find a beautiful plant, and you know you will have a lovely flower of your own bye and bye. Well, dearie, you grew something like that. The little seed of you with God's life in it grew just under my heart and bye and bye you came to me as a living, lovely baby with serious blue eyes and dear little toes and fingers with tiny nails on them, and I thought how good and wonderful Divine Love was to be able to send you so beautifully made to me. I had always wanted to be a mother and I was so proud and happy to have you." My little girl looked up at me from beside me where she had been sitting and said:—"Did it give you much pain when I came into the world, mummie?"

"Yes, dear," I said, "hours of very bad pain." "Oh you darling," she said, "I will be good to you," and she jumped up and threw her arms around my neck and hid her face in it, and indeed she has been good ever since. We are the *real*est of pals and she the dearest and best girl a mother could have. She is bigger than I now and mothers me and says it is the dearest joy of her life to wait on her "dearest little soul" as she calls me, "for I shall never be able to pay you back, dear, if I work for you all my life," she says.

Many wonder why we are such pals, but I think I have given you one secret of it. Another is to *give expression* to the love you feel for your children and teach them to love *one another*, and to express it too for love is of God. Do not preach religion to them, just *live* it: they can understand that. If we all just reflected God in all we do what a heavenly place

this dear old world would be to live in! God has put a wonderful trust into our hands for we mothers have these little lives to mould much as we will. The future welfare of our country lies much in the hands of the mothers.

Again, in our home we do not kill to eat; we live on the simple fruits of the earth and I am sure that helps to keep us loving and considerate of others. There is no need for killing animals for food, for the children I know who are fed on the fruits of the earth are really *donny* and thoroughly enjoy their fruits and nuts and vegetables and grain meals, and also escape many illnesses.

Do not let the children have to go to someone else for the knowledge you can best give them yourself, for your *own* sake as well as theirs. Then you need never fear that they will grow away from you.

PREVENTION AND TREATMENT OF INFLUENZA.

MARY W. PAULSON, M.D.

To prevent influenza:

Keep warm. Wear sufficient and proper clothing.

Insist on getting plenty of sleep.

Sleep in rooms with fresh air.

Eat regularly of good, substantial food, but do not overeat.

Drink very freely of cold water.

Secure proper elimination.

Regard every cold as serious and go to bed.

If you feel ill and have a little fever go to bed at once.

Avoid wet feet.

Avoid worry or excitement.

Avoid large gatherings of people.

Avoid contact with anybody sneezing or coughing.

Avoid contact with anybody suffering from the disease.

Avoid taking cold as this predisposes to an attack.

Do not use alcoholic beverages.

Do not use public drinking cups.

Do not use patent medicine and so-called cold cures.

Do not fear the disease.

Every case of influenza should be treated

as serious even though the symptoms are slight.

Have plenty of fresh air in the sick room.

Take a dose of epsom salts or castor oil at the onset of the disease.

Drink water every hour.

Eat fruit and a light diet of cereals, soups, toast, etc.

Keep cold compress constantly on the head.

Use cold irrigations of the bowels if necessary to reduce temperature.

Give a sweating treatment, such as a hot leg pack or hot foot bath with fomentations to the chest and abdomen followed by tepid sponge as often as necessary to keep the temperature below 102 degrees.

Stay in bed as long as you have a fever and for four days after the fever has disappeared.

If caring for one sick with the disease wear constantly a gauze mask over the nose and mouth.

KNOW how to give without hesitation, how to lose without regret, how to acquire without meanness.—*Great Thoughts.*

Simple Lessons in

Physiology.

BY A. B. OLSEN, M.D., D.P.H.

THE SCARFSKIN.

THE skin has the distinction of being the largest single eliminative organ of the body, but it performs many other important functions in addition to excretion. We naturally think of the skin as a protective covering for the body, and that is perhaps its main use. But it has still another very important duty to perform and that is to regulate the warmth or temperature of the body.

There are two skins, the external covering which is commonly called the skin, and an internal covering, lining the mouth, cavities of the nose, respiratory passages, and alimentary canal, which is usually described as a mucous membrane. We think of the skin as a dry and the mucous membrane as a moist surface, but as a matter of fact the outer skin is only relatively dry, or rather it is usually much less moist than the internal coating. The moisture of the skin comes from the innumerable sweat glands which are constantly discharging a watery secretion. But this is only visible or palpable when it gathers in small or large droplets. What is known as insensible perspiration takes place constantly.

The Layers of the Skin.

The skin is composed of two distinct layers or coats. There is an outer cellular cuticle, epidermis or scarfskin, also known as the false skin, which is comparable to the bark of a tree. The scarfskin is made up of a varying number of layers of flattened epithelial cells and varies in thickness over different parts of the body. It is thin on the forehead and face and the back of the hands, but is very much thicker on the palms of the hands and soles of the feet. In the formation of a blister, a part of the scarfskin is lifted up and separated from the deeper layer by a watery or

serous fluid. If the blister is deep seated the fluid becomes more or less tinged with blood.

The scarfskin is composed of four distinct layers or strata. The innermost layer is composed of actively growing cellular elements known as epithelial cells, the deepest layer of which lies directly on the dermis or true skin. Here we find an active multiplication of the cellular elements going on to make good the daily waste of the dead scales which are constantly rubbed off from the surface. While no actual blood vessels penetrate beyond the true skin, still there are little unformed lymph channels which bring nutrition from the blood to the growing cells so that they are amply nourished. Again, proper nerve fibres are not found in the false skin, for the touch corpuscles and other special nerve endings are confined to the dermis. Nevertheless the skin is sensitive although the degree of sensitiveness varies enormously on different parts of the body. Injury to the outermost layers of the scarfskin causes no pain and ought not to cause pain because of the absence of nervous elements.

The Scales.

The outermost layer of the skin, or the superficial surface, is composed of numerous thin, horny, lifeless scales which resemble very much the scales of a fish. The outermost scales gradually loosen and are washed off with the flesh brush or rubbed off with the towel, day by day, according to the amount of wear and tear to which they are subjected. This layer is very thin over the sensitive parts of the skin like the forehead and face, but very much thicker on the soles of the feet, where it forms the great bulk of the scarfskin.

Between the actively growing layer next to the true skin and the horny layer of the surface, we have a granular stratum below and above a relatively thin layer of cells which appears to be structureless and is known as the stratum lucidum. The three outer layers of the false skin simply represent different stages of evolution from an active growing cell to a mere lifeless tissue-paper-like scale. Indeed it is often difficult to draw a line of demarca-

tion between these four layers of cellular bodies which go to make up the outer skin.

Testimony About Alcohol

"ALCOHOL is not a food; it is a sedative."—*Late Sir James Barr, M.D.*

"Alcohol increases the risk of consumption."—*Glasgow Municipal Poster.*

"Alcohol is the immediate enemy of self-control at all ages."—*C. W. Saleeby, M.D.*

"Alcohol renders a man more liable to the inroads of diseases."

"Drink is the greatest black spot on civilization."—*Late Sir George White, M.P.*

"If we got rid of drink the divorce court would almost be closed."—*Lord Mersey.*

"Beer contains less nourishment in a whole barrel than can be obtained in a quatern loaf."—*Liebig.*

"Alcoholism in one or both parents has a distinct influence in the production of feeble-mindedness and epilepsy."—*Report*

of Royal Commission on Care and Control of the Feeble Minded.

"Alcohol creates an enormous loss to the community through destroying the productiveness of the skilled craftsmen."
—*Sir R. Armstrong Jones, M.D., F.R.C.P.*

Tuberculosis in the Army.

MODERN research teaches us that nearly every adult is already infected with tubercle. Under normal circumstances the natural immunizing processes are sufficient to prevent the spread of the infection, and most of us carry the poison through life without harmful result. But under the strain of active service it is different. The soldier's strength becomes sapped by exposure and strain and his vitality diminished, and under these conditions the tuberculosis focus, which might otherwise have remained for ever dormant, wakes into life, and signs of active disease, for the most part affecting the lungs, make their appearance.—*Major P. Horton-Smith Hartley, M.D. F.R.C.P.*

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A PAGE FOR WOMEN*

CONDUCTED BY MARIE BLANCHE.

The Servant Problem.

JUDGING from all one hears and what one reads in the papers, it would seem that, in the not far distant future, the majority of homes will be practically servantless. The tyranny of Betsy Jane began long years ago. It was in full swing before the European War turned the world topsy turvy. To-day it is nearing a climax, and hundreds of women and girls, demobilised, and freed from national work, having decided to go back to domestic service, are banding themselves together in a kind of league, or union, with very pronounced ideas as to what they are going to do, and what they are not going to do. There are to be properly drawn up rules which will have to be strictly kept, and a few official "laws," binding on mistress as well as maid, that are to be rigorously enforced. There is to be a fixed list of salaries for cooks, housemaids, nursery and parlour maids and stated hours for plenty of rest, and leisure and outings. An eight hour day is to be the working day of the future Betsy Jane. Eight hours! Just think of it. And you, dear, pampered ladies who feel yourselves so hardly used if you do not get your early cup of tea and buttered toast brought to your bedside daily at your waking hour, you too who keep your maid up till midnight while you spend the evenings at the theatre, you who must have your fire kept alight, your hot supper ready, your night-dress warmed, how will the shortened working day fit in with your little luxuries?

Well, doubtless the servant girl must be protected, and her interests guarded, but I take it that there will be many housewives who will kick against the coming order of things, and who will simply dispense with domestic servants altogether. But to many others a staff of servants is indispensable. To the professional or business woman, occupied all day with things outside her home, a servant of some sort is a necessity. Such women will no doubt be prepared to yield on all points to the demands of Betsy Jane. But when they enter into negotiations with a view to engagement it is possible that they will not be expected to ask too many questions. The mistress may not be allowed to enquire as to the applicant's capabilities or virtues. Is she an early riser? an economical cook? But she may, instead, find herself put through a few paces by a demand to show the kitchen where the maid must live, or possibly the bedroom in which the maid must sleep. It is even on the cards that the bedding and blankets will be inspected before an applicant consents to favour you with her valuable services.

Possibly too, she may desire and even insist upon seeing what sort of rooms she is required to sweep and keep dusted. The supply of labour-saving devices in the house will also doubtless count. A corner somewhere in the servant's quarters will

surely be asked for, where the ubiquitous bicycle can be stored. It is not so very long ago that I heard of a cook being all but engaged by a lady who had only to receive the woman's character or references from a former mistress before deciding. The cook in prospect seemed all that was desirable, and the matter was practically fixed up at the first interview. Ten minutes after she had left the house the cook returned to ask if she might take another look at the kitchen before quite making up her mind if the situation would suit her. She calmly explained that she only just wanted to see if there was a corner in the kitchen where she could place her piano!

And so it is quite certain that all our previous notions about domestic service are going to be revolutionised. Indeed they are already in the melting pot. The result will be a very different standard from that of the past. A domestic upheaval is imminent. Possibly when there is a "grievance" between mistress and maid the cudgels of the latter will be taken up by her "pals," and the order to "down tools" will follow. Forthwith the pots and pans, the brooms and buckets, the trays and teapots will all go on the shelf and a "slavey's strike" will be proclaimed.

Personally I should not cry my eyes out if every slavey in the land went on strike. But there are others who would, and so for them, alas, the tyranny of Betsy Jane must go on to the bitter end, unless some better understanding can be arrived at. Doubtless there are as many bad mistresses as there are bad servants. It may well be that the one is the consequence of the other. A hard mistress makes an unwilling servant. A careless servant makes an impatient, nagging mistress. A kind word, a little consideration, some human sympathy, how much may not these things mean to a working girl? And an honest servant, a willing help, a truthful tongue, surely these things mean much to any mistress. Certainly we shall have to give and take if we are not to dispense entirely with domestic servants. And it is well that we should be fairly roused to the fact that an entire upheaval of old conventional ideas, (both yours and mine), is on the way. Betsy Jane is out to win, and win she will.

Finally it is suggested that we do not speak to our domestics with proper respect. It is hinted quite seriously that mistresses should address the maid, not by her simple Christian name, but that in deference to her conviction that "Jack is as good as his master" Betsy Jane should in future be approached with a handle to her name. The idea is that we should call our servants *Miss Jones*, *Miss Smith*, or whatever it may be, and in return for this consideration on our part there will henceforth be no more Mam, Miss, Sir, but "Yes, Mrs. Montmercy Muffins," "No, Mr. Tompkins de Tipperary," "Certainly, Miss De Vere de Vere." How comical! And if I may be pardoned saying so, how very sickening!

*Correspondents should address Marie Blanche, Sunny View, Caterham Valley, enclosing stamp.

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HYGIENIC ADVICE.

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1418. Nervous Breakdown.—J.S.: "I am suffering from a nervous breakdown which is aggravated by want of sleep and I am told that I also have mucous colitis. I shall be very thankful if you will let me know what treatment to follow."

Ans.—You ought to get away to the Stanborough Park Sanitarium or some similar institution for a month or two for a course of tonic treatment and proper dieting. Macaroni and similar wheat preparations, fine oatmeal porridge, rice preparations, wholemeal bread that is not too coarse, and mealy baked potatoes are suitable foods. Gluten gruels and porridges as well as Toasted Granose Biscuits would suit you. Avoid animal flesh as well as tea and coffee. Have a soft boiled egg for your breakfast and take milk and cream too with your porridge or gluten. Drink water freely about an hour before each meal. You should lead a quiet restful life, get out of doors in the fresh air daily, and be free from worry and anxiety.

1419. Superfluous Hairs.—E.H.: 1. "Can you tell me whether superfluous hairs on the face can be permanently removed by electrolysis and without promoting other growth? 2. Is there any other way of removing them?"

Ans.—1. The removal of hairs by the electrical current if done by a skilful person who understands the treatment and is fully qualified to do it, is sometimes successful, but we think there is danger of encouraging the growth of smaller hairs that are ordinarily not noticeable and therefore we hesitate to recommend it.

2. There is no other way of removing hairs permanently notwithstanding the claims made in advertisements occasionally. The various pastes and similar depilatories are dangerous in varying degree and may cause damage to the skin. At best they only remove the hairs temporarily. We would advise overlooking the superficial hairs and giving them no attention. If dark they might be bleached and made less conspicuous by dabbing them with peroxide of hydrogen morning and evening.

1420. Neuritis, Itch.—F.J.F.: 1. "Kindly tell me a cure for neuritis. 2. I am suffering a good deal from itch night and day from the crown of my head to the soles of my feet. What can I do for relief?"

Ans.—There is no specific cure for neuritis that we are aware of. Complete rest of the affected limb, heat in some form and particularly radiant heat, massage in the chronic stage, and a non-flesh diet with total abstinence from alcohol, tobacco, tea and coffee, are the measures that we recommend. Drink water freely an hour before meals and two hours after meals, taking from two to three pints per day.

2. An alkaline bath using five or six ounces of

soda to a full bath usually gives relief. The same is true of carbolyzed vaseline gently applied to the skin. The irritation is probably due to auto-intoxication and your digestion and bowel action probably require attention. A few weeks' treatment at a good Sanitarium would benefit you.

1421. Spots on the Skin.—P.O.C.: "Will you please inform me of remedies I should adopt to get rid of spots on the backs of my legs and ankles. They are purplish in colour about the size of a shilling and sometimes of a vivid red, but painless."

Ans.—These spots may be due to poor circulation and we would recommend you to soak your feet alternately, first in hot water three minutes then in cold water for five to ten seconds, alternating back and forth and finally drying them out of the cold water, and then administering massage to each limb for about ten or fifteen minutes. Do not fail to keep your feet warm and dry. As regards diet follow the fruitarian system if possible and drink water freely about an hour before each meal, taking from two to three pints per day.

1422. Bleeding Piles.—A.M.M.: "For the past two years I have been troubled with bleeding piles and would like to know if you can give me anything that would do me good."

Ans.—If your piles are extensive and have been giving trouble by bleeding for two years, if you have not already done so, you ought to consult a surgeon as to the advisability of their removal. Tepid and cold sitz baths at a temperature of from 70 to 85 degrees for five or ten minutes morning and evening are an excellent local tonic and in a mild case would promote healing. Extract of hamamelis sempleles inserted into the rectum at night also gives relief and by their astringent effect discourage bleeding. Do not fail to keep your bowels in an active state. Take medicinal paraffin morning and evening if necessary.

1423. Twitching Muscles, Chewing Gum.—W.S.W.: "My sister has a twitching movement of the face and neck. 1. Can you suggest a remedy for this? 2. Can you give an opinion on the American habit of chewing gum? 3. Is it harmful or otherwise?"

Ans.—The twitching of the muscles is probably due to nerve strain and debility and we recommend change and quiet rest in the country or seaside for a few weeks. If she has not already done so she ought to consult the family physician.

2. We look upon the habit of chewing gum as undesirable and one that does not add to the amenities of life.

3. The tendency is to hinder digestion and we can think of no possible advantage except to gratify an unnatural craving.

1424. Pleurisy.—J.B.: "I am suffering from dry pleurisy and do not seem to improve with the medicine I am taking. What treatment would you recommend?"

Ans.—You would probably benefit by the application of hot fomentations to the affected
(Concluded 2nd column, page 15.)

GOOD HEALTH

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NOW that the war is over and the subject of reconstruction is uppermost in the minds of the people, we believe the time has arrived when this journal should enter upon its period of reconstruction. Owing to the scarcity and high prices of paper during the war we were reluctantly compelled to reduce GOOD HEALTH in size and at the same time to increase its price. Inferior paper, too, had to be used in its production. Beginning with the next issue, however, the magazine will be increased to 32 pages, it will be furnished with an entirely new two-colour cover, and the entire journal will be produced in an attractive style. The price will be 3d. per single copy, annual subscription by post 4/-.

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We feel sure our readers will heartily welcome and support this new effort of the publishers, and do all in their power to increase the circulation by taking extra copies and recommending the paper to their friends.

(Continued from page 14).

part and you could take this treatment in the evening just before retiring. Large pieces of woollen flannel at least a yard square, wrung snugly out of hot water should be applied over the part with a single layer of dry flannel between to prevent burning. After applying three or four such hot cloths for five minutes each, bathe the part with cold water and dry gently. An oil rub to the chest daily in the morning would also be helpful.



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