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JUNE  
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# Good Health

An illustrated monthly magazine devoted to hygiene and the principles of healthful living.

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No. 6.

## **Pussy's Character Redeemed.**

MUCH has been said at various times about the disease-carrying propensities of the cat. It has been popularly supposed that the diphtheria germ was a special favourite of the hearthrug pet. But recent experiments by Dr. W. G. Savage have, according to the "Journal of Hygiene," effectively disposed of this supposition. "The feeding of kittens with cultures of the bacillus caused no ill-effects, and organisms introduced into their noses and throats disappeared within twenty-four hours." It is admitted, however, that "contagious skin disorders may certainly be conveyed through their fur, especially ringworm. Pussy's well known powers of thorough self-ablution no doubt render her one of the safest animals to live with," concludes a medical correspondent, "though a sick child should not be allowed to fondle a cat when in bed."

## **Motherhood Depreciated.**

THE National Council of Public Morals has just issued a striking manifesto entitled "The Renewal of the Nation's Life," which is signed by prominent ecclesiastics, educationists, and medical men. After pointing out the inconsistency of selfish and luxurious living at a time when so many are passing through privation and suffering, the manifesto emphasizes the need of insisting on "the sacredness of marriage and parenthood." On this point the National Council of Public Morals rightly observes that:—

"The emancipation of women is not without its dangers, for it is leading some women to a depreciation of motherhood as the most valuable contribution that most

women can offer to the common good. And by motherhood is meant not merely the physical fact of bearing a child, but the moral and spiritual service of caring for and training the child, which only in exceptional cases can be compatible with the pursuit of a daily permanent occupation outside of the home. In fulfilment of this sacred calling all mothers should be assured of economic security as well as social honour."

## **The Menace of the Modern Woman.**

THE "modern" woman, according to Dr. Arabella Kenealy, is by no means an unmixed blessing to her sex or to the race in general; indeed, she regards the modern type of woman as a physical and moral menace to the nation, and "nothing to be compared with the Victorian maiden, whose ennobling influences did so much for her generation." The faces of our handsome women she describes as "pre-eminently Pagan—bold, sophisticated, clever; without sweetness, softness, imagination, sensitiveness—in a word, without soul." Such types, we are told, tend to produce "an ever-increasing number of neurotic, emasculate men and boys."

## **Our Birth and Death Rate.**

THE births registered in the fourth quarter of 1919 were 48,202 more than in the preceding quarter and 61,795 more than in the fourth quarter of 1918. The infant mortality in England and Wales was 71 per 1,000 registered births, "the lowest recorded rate for any fourth quarter of the year." The rise in the birth rate, it is suggested, may be due to the more settled condition of the country, while the low death rate among infants is attributed largely to "the hard



work which so many societies have accomplished in educating the public on the subject of infant hygiene."

### The Swelling Tide of Liqueur.

Following the removal of war time restrictions the consumption of alcoholic drinks is alarmingly on the increase. According to Mr. G. B. Wilson, secretary of the United Kingdom Alliance, sixty per cent more was drunk in 1919 than in 1918. This represents an expenditure of £8. 8s. per head of the population in 1919. During that year every adult of twenty-one consumed on an average forty-one gallons of beer. So the poisonous tide is rising.

### Preparing for Prohibition.

By June 1 of this year Scotland will be free to try local option. Every village and town in Scotland will be asked to vote for or against Prohibition in its own particular locality. Temperance organizations are now energetically engaged in preparing the way. Already in some important areas a preliminary vote has been taken which has resulted overwhelmingly in favour of Prohibition, as the following figures will show:—

	Dry	Wet	Majority
Inverness - - -	8,647	629	8,018
Elgin - - - -	1,514	80	1,434
Oban - - - -	1,249	80	1,169

It is said that Wick, Cromarty, Invergordon and Dingwall are all in favour of a restriction of licenses by 25%, if not for total abolition. The step which Inverness takes will of course influence tremendously the whole of the Highlands, as the smaller areas will not feel disposed to lag behind the capital city. Prohibition may then sweep rapidly southward and over the border into England.

### Alcohol as Industrial Fuel.

PROHIBITION in the United States does not mean that the Americans have no use for alcohol. On the contrary they are discovering that this spirit which works so disastrously on the human system can be put to many practical and varied uses. It is reported that Mr. Henry Ford is successfully experimenting with alcohol as a fuel substitute for petrol. At present he is making alcohol for his tractors out of straw, and is erecting a £7,000 plant

to manufacture alcohol in this way for industrial purposes. It is becoming increasingly clear, therefore, that the abolition of the drink traffic, so far from increasing unemployment, will undoubtedly do much to lessen it. Moreover, it will divert a large section of labour from very harmful and destructive channels into those that are at least harmless and serviceable.

### Our Sordid Age.

THE great outstanding feature of post-war conditions is the intense commercial spirit that is taking hold of our own nation in particular and the world in general. Evidences of this were not wanting before the war, but the war itself has brought us into much closer contact with other nations of a much more distinctly commercial type than our own; and after these we are fast fashioning ourselves. The degrading effect of this spirit on literature alone is well described by a writer in the "Athenæum":—

"A good literary page is merely, as the honest editor only too well knows, an encumbrance in the struggle for circulation. If he is a truly modern editor he will discard it altogether and devote it to personal paragraphs about heavy-weight boxers, prominent divorcées, and an extra column of racing tips. In that way he stands a reasonable chance of increasing his proprietor's dividends and his own salary at least.

"Fortunately not all the editors are of the truly modern brand yet; but very probably the whole of the next generation of editors will be. The weakest go to the wall: and it would be merely obstinacy that could close our eyes to the fact that . . . the literary journalist is the one who provides the commodity for which there is the least demand."

Nor is this sordid materialism confined merely to secular journalism. The same writer points out that religious journalism is no less afflicted by it. And, in view of the facts, we cannot doubt his prophecy that the next generation will see the complete triumph of commercial journalism. The world is no doubt moving rapidly; and, of course, the vast majority move with it, no matter what the direction, so long as it brings them ease, money or popularity. Happy indeed and truly great are they who, unmoved by the world, stand firmly and at any cost for all that is noblest and best in life.



## THE RELIEF OF THE SLEEPLESS.

SLEEPLESSNESS is becoming an increasingly common complaint and it runs in the same channel with the numerous nervous disorders from which so many persons now suffer. Every medical man is at times besieged by patients who beg for some sleep-compelling drug. These sufferers are easy victims of the drug habit. Driven frantic by their vain efforts to obtain sleep they resort to one or more of the much-advertised sleeping tablets or powders, and when once they have learned to use these they rapidly become enslaved, bound by chains from which it is almost impossible to release them.

Sleep is the normal demand of the body for rest. It is a universal law of physiology that activity must alternate with repose. This is essential for health. No muscle can go on in continuous action. It soon tires and needs a period for the removal of the waste products and restoration of energy. Even the faithful heart has its period of relaxation and recovery. This takes place after each beat. This period is about one quarter of the time taken from one beat to the next, so that the heart has about six hours' rest out of the twenty-four. This alternate action and inaction is likewise true of all the organs. The brain alone gets no rest or relaxation during the waking hours. The intellectual processes go on without ceasing, for however much a man may try he cannot stop his thoughts. From the brain and spinal cord go a continuous stream of impressions to all parts of the body maintaining a condition of activity, wakefulness and vital tone. Sleep is the brain's only opportunity for rest. In healthy sleep the brain goes "off duty." It slips off the stage of this world's activity into the land of oblivion. The desire for sleep is a normal appetite of a healthy body just as hunger or thirst, and the satisfaction of the desire imparts pleasure. Who has not experienced the delicious sense of gliding off calmly on to the river of sleep where "the wicked cease from troubling and the weary are at rest?" "Blessings on the man," exclaims Sancho Panza, "who first invented sleep. It wraps a man all

round like a cloak." It is chiefly during sleep that growth, assimilation and repair take place. It is a period during which tired nature restores her spent vigours, sets about building up the waste places and recharging the nervous system with new vitality for the endeavours of the ensuing day. Healthy persons differ in the amount of sleep they require. Some great men have been credited with performing prodigious tasks on very few hours of sleep. But though this may have been true in occasional times of stress and emergency, it is doubtful if this was their general custom. Even Napoleon, who is credited with only sleeping four hours a night, often had his daily naps. Generally speaking, the amount of sleep required depends on the amount of restoration necessary and on the rate at which the body can recuperate.

The amount of sleep required by the average adult is about eight hours out of the twenty-four, though much more is required by invalids, particularly those of weak, nervous constitutions. During the period of growth and adolescence much more sleep is necessary, for in addition to the period required for the repair of the waste tissues, as in the adult, there must also be additional time for growth. For this reason it is very important for the young to get to bed at an early hour and have long periods of rest. Night is the time for sleep, for the accompanying darkness and stillness shut off to a considerable degree the stimuli to the brain from the outer world. The eye ceases its vigilant watch and the eye-lids tend to droop. The ear, no longer quickened by sound, becomes heavy. One by one the sensations are lost until total unconsciousness supervenes. Deprivation of sleep causes intense suffering and pain more intolerable than that of hunger and thirst. Its agonies are said to exceed the worst tortures of the inquisition.

Sleeplessness is a symptom of disease. It may be part of some organic disease but is usually just one manifestation of wrong habits of living or eating. It is most frequently associated with some



digestive or bowel disorder. In the treatment of sleeplessness it is therefore essential first to remove the cause or cure the underlying condition. Firstly, attention should be paid to the digestion. Late suppers should be avoided as also should tea and coffee and other things that produce brain excitement. The habit should be cultivated of regular hours for rising and retiring. An emergency may occasionally require work to a late hour but this should be the rare exception. Worry and excitement, both intellectual and emotional, should be banished and a spirit of faith and trust should be cultivated. A warm or neutral bath, between 90 and 100 degrees Fahrenheit, has a calming and soothing effect, and if prolonged is a very efficient aid to sleep. In the absence of this, a hot foot bath may prove of great value. Some of the most obstinate cases again, do well with gentle massage to the head and abdomen. It is not uncommon to hear a patient remark: "I can't sleep however hard I try." Do not *try* to sleep. This is the surest

method to keep sleep away, for the summons of the will to this task creates an activity of the brain which renders sleep impossible. Taking quiet deep breaths or repeating some uninteresting poem will sometimes succeed in diminishing the attention and so inducing sleep. Herein lies the value of the old practice of counting sheep jumping over a stile. One young boy of my acquaintance almost invariably lulls himself to sleep by singing.

"Thank God for sleep.  
And, when you cannot sleep,  
Still thank Him that you live  
To lie awake.  
And pray Him, of His grace,  
When He sees fit, sweet sleep to give,  
That you may rise, with new-born eyes,  
To look once more into His shining face."

"In sleep—limbs all loose-laxed and slipt the  
chains—  
We draw sweet-close to Him from Whom our  
breath  
Has life. In His sole hands we leave the  
reins,  
In fullest faith trust Him for life or death."

F. C. S.

## FROM NURSING TO SCHOOL AGE.

By BELLE WOOD-COMSTOCK, M.D.

THERE are mothers who feel that their failures in the early life of the child will be atoned for by the discipline of his school and the efficiency of his teacher.

Nothing can take the place of the careful foundation that may be laid during the early years, and the child who does not get this cannot react in a normal way to the varied and many-sided influences brought to bear upon him when he goes into the greater world of school life. The mother's greatest work and her one absorbing thought should be to start her child aright, no matter what else may need to be slighted.

The physical training is most important; not only is it the foundation for health and strength in later life, but upon the basis of the self-control fostered by the securing of the co-operation of the child in the proper care of his body, may be founded a strength of character conducive to mental and moral growth.

The question of diet should receive first consideration. Up to the time the baby is weaned he is often fed very scientifically; nursed at regular intervals, or, if artificially fed, the formula very carefully regulated by the physician. But when he is no longer dependent upon milk for his nourishment and begins to have some choice as to what he shall eat, the tendency is for less attention to be paid to the food that he needs and more to that which he wants. Here is where the wise parent carefully plans for the child, that he may continue to have a well-balanced daily ration adequate for his rapidly developing body, and that only those foods be placed before him that he may take without harm, that in this way his appetite may be trained in the normal direction that will leave him in later years unhandicapped by perverted taste and misdirected appetite.

Absolute regularity should be followed



in the feeding, with ample time between meals, that the digestive organs be not overworked. From the age of twelve to eighteen months the child should become accustomed to three meals a day, with fruit such as orange juice or scraped apple, midway between. Fresh milk (preferably boiled) should be the basis of his diet, but should by no means be depended upon as the sole source of nourishment. A too-limited variety of food is one great mistake frequently made in the feeding of the child during the second year.

Well-cooked cereals and cereal gruels, served to him with milk but *without sugar*, are an important adjunct to his diet at this time, but it should be remembered that many a child's diet is *top-heavy in cereals*, and that a *monotonous cereal diet is not conducive to normal growth and development*. His bread should be the coarser whole-grained bread and hard oven toast.

In addition to his cereal and milk, it is very important that he have vegetables, especially the green and leaf vegetables. These may be served him at first in the form of purées, later without the straining process. These vegetables should be cooked plain, in salted water without the addition of any other seasoning except perhaps milk. No fatty seasoning should ever be used. It should be remembered that often the most nourishing part of the vegetable is in the water in which it has been cooked; so vegetables should be prepared in such a way as to conserve this important portion with its vital properties. Care should be taken to see that vegetables are not overdone in the cooking.

The child should not be allowed to limit the vegetable part of his diet to potatoes, as is so often the tendency, but as large a variety of other vegetables as possible should be given him. Vegetable soups and purées in which the skins of such vegetables as carrots and potatoes

are cooked and are finally separated with

### Vegetable Soup.

2 potatoes, 1 carrot, 1 small onion (if desired), a few lettuce leaves or cabbage leaves, celery or other vegetable. Cleanse thoroughly. Cut potatoes and carrots in small pieces. *Do not remove skin.*

Cook slowly for two hours. Press through a colander. Season with salt and add milk. Any combination of vegetables may be used with good results. *Add no fatty seasoning.*

the colander (see recipe) are of value



A HEALTHY AND CONTENTED YOUNG FOOD REFORMER.

because they insure an added amount of mineral matter, vitamins, and the growth-producing vital element, designated as fat soluble A.

Fruits and fruit juices the child should have freely. Baked apple and apple sauce as well as other stewed fruits may be given very early.

As the child grows older there should be no great change in his diet as outlined above. Milk he should continue to have freely. Eggs should be given carefully and in moderation, but at times may be needed to supply necessary protein. Vegetables with their broths should play a prominent part in the making up of his daily ration. Simple but savoury gravies



may be made from potato water, or other vegetable broths, by thickening with flour and adding evaporated milk. If brown flour is to be used as thickening, do not brown in oil, butter, or grease of any kind, but brown in a dry pan over the flame or in the oven. In this way a brown gravy may be made that will be healthful as well as pleasing.

Desserts should ever be simple and healthful. In their various forms fruits may be made to serve as desserts that will appeal to the child and be much better for him than artificial sweets. The dried fruits, as dates, figs and raisins, may often be made to take the place of sugar. The milk-and-sugar combination should be avoided as much as possible. A delightful cornflour pudding may be made with eggs but without milk (see recipe). A custard may be made

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#### Cornflour Pudding (Without Milk).

1 quart water, 3 tablespoons cornflour, salt, 1 cup sugar, 3 eggs, flavouring.

Put 1 quart of boiling water in a double boiler; add the cornflour rubbed smooth; salt to taste. Cook until clear; add sugar, remove from the fire, beat in quickly the well-beaten yolk, and add the whites beaten stiff. Beat well; add flavouring.

---

and raisins added instead of sugar. Honey and marmalade, if used carefully, may help to supply the desired sweet. Bananas, if ripe, as shown by a peel speckled with brown, serve a good purpose in the ration. Olives and nuts may be allowed at mealtime when the child can masticate them thoroughly.

Things to be avoided are: Tea, coffee, cheese, pastries and cakes, spices, pickles and condiments, as pepper, vinegar, and mustard. The child is much better off if meat or meat juices find no place in his diet. Necessary protein without the use of meat, may be supplied in milk, cottage cheese, leaf vegetables, and an occasional egg.

Never should the little boy or girl, even though only two years old, be allowed to forget to brush his or her teeth at least twice daily (before this age the mother should daily clean the baby's teeth with a bit of cotton or soft, clean cloth), for upon the intelligent care of the first

teeth depends the integrity of the permanent ones. Teach him to brush his teeth thoroughly, first with his toothbrush *dry*, then with it wet for the final brushing. The brush should be rinsed thoroughly and allowed to dry in the sun.

It is perhaps unnecessary to say that the child should be out-of-doors as much as possible. With proper clothing much of his time may be spent out-of-doors, even in the more rigorous climates. He should have fresh air night and day.

Too much importance cannot be attached to the question of the child's getting enough sleep. The day-time nap should be continued with regularity as long as possible. The habit of the early bedtime should be carefully adhered to, and only the most unusual and extraordinary occasion should permit of a deviation from this rule. Supper always at the same time—a romp with daddy, a quiet time with mother, and to bed when the hands of the clock point the hour. The child accustomed to regularity will accept the inevitable, not knowing that there could be any other way.

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#### Good Training.

"YES," said the manager, "we want a man for our information bureau, but he must be a man who can answer all sorts of questions and not lose his head."

"That's me exactly," said the applicant, with enthusiasm, "I'm the father of eight children."

---

A KEEN lover of outdoor life has well said that:—

"Civilization takes us away from reality, and surrounds us with artificial pomp. But in a tent we get back into touch with Nature, the old Mother; and he who is near the heart of Nature is no immeasurable distance from the heart of God."

---

"THE housewife who has regular hours almost by force of circumstances, with sufficient work to keep her faculties employed, and without overmuch anxiety to make ends meet, is probably more favourably situated with regard to health than any other class of person."



# THE TEETH.

## IX.—DENTAL RECONSTRUCTION.

BY D. A. R. AUFRANC, M.R.C.S., L.R.C.P. (LOND.), L.D.S., R.C.S. (ENG.).

IN the last article of this series, we considered the preventive part of the treatment of dental decay. We have therefore now to consider the remedial treatment, or the means at our disposal for arresting decay and making good the loss caused by this process.

### IMPORTANCE OF EARLY TREATMENT.

When once decay has commenced in a tooth, there is only one thing to be done, and that is to visit a qualified dentist at once and have the decay removed and replaced by a suitable filling. It is such a common practice to put this off until pain is felt that it might be worth while here to consider what advantage, if any, is gained by so doing. Firstly, the operation of stopping is, in most cases, quite painless when the cavity is small, and secondly, little of the tooth substance has to be sacrificed, so that at the end of the operation we possess a tooth which is almost as strong as normally. If the tooth is situated at the front of the mouth this is very important from an æsthetic point of view, while if it is at the back it is equally important as regards mastication. Thirdly, there is also a great saving of time and expense, as one visit as a rule will be sufficient in the early stages.

When, however, severe toothache is felt, it generally means that the process of decay has reached the pulp chamber, or "nerve" of the tooth. The dentist is then caused much more work, the patient has to pay several visits and a larger bill, and in the end is left with a weaker tooth, often subject to "colds" and periodontal troubles. Therefore in delaying treatment, we defeat our very aim of avoiding pain, trouble and expense. This applies not only to decay of the teeth but to all diseases. We should add here that as dental decay is a painless process in the early stages, a competent dentist

should be visited at least twice a year to thoroughly inspect the mouth.

### STOPPING VERSUS EXTRACTION.

When a tooth has been allowed to decay so far that it will not hold a stopping or crown, it is advisable to have it extracted. One is constantly meeting people, however, who declare that they will never have a tooth stopped because it is a painful process, preferring rather to let the teeth decay and then have them removed. This reasoning is highly inconsistent and absurd, and is simply due to the fact that they have allowed the decay to progress until pain is felt before taking any thought as to having it treated. Even at this stage, the slight pain of stopping with modern methods is not to be in any way compared with the pain of extraction and the seriousness of the loss of a natural tooth. Excellent as false teeth are at the present day, they can never equal natural teeth, just as a false limb cannot compare with a real one.

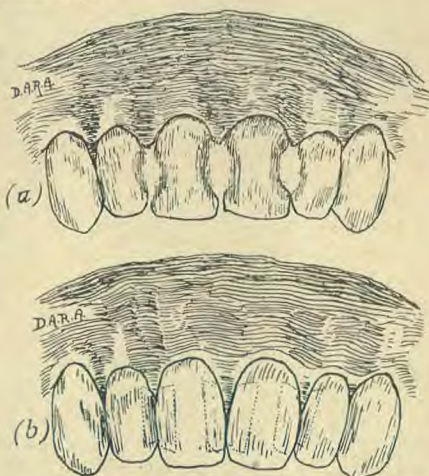


Fig. 1. (a) The upper incisor region of the mouth showing a very common type of decay. Removal of these teeth—especially the canines—would result in considerable flattening and loss of contour of the face. (b) The same teeth restored by means of translucent fillings (indicated by dotted lines).



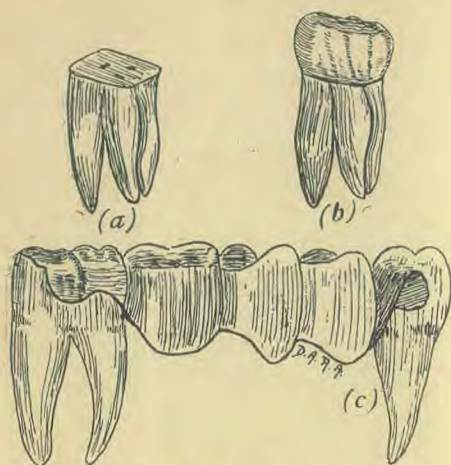


Fig. II. (a) The remains of a tooth whose crown has been removed owing to extensive decay. (b) The same tooth restored by crowning. (c) A bridge supported by two natural teeth.

#### POISONING BY DISEASED TEETH AND GUMS.

When, however, a tooth is septic and useless in the mouth, it should be extracted, as the poisons absorbed from such teeth are the cause of many serious maladies such as chronic gastritis, rheumatism, diseases of the eye and nervous system and cancer. It is commonly thought that if teeth do not cause pain, they are harmless. This is a very great error. A discharge of purulent matter occurs round such teeth and this is absorbed into the body until the whole system is poisoned and the general vitality undermined. The whole process is so slow and insidious that the cause is rarely suspected, or even believed, by the individual, but the results are none the less deadly. Here lies the cause of many a chronic illness and premature death. In fact, so important is the part played by these "dead" teeth that many obscure cases, which have baffled the diagnostic skill of some of our most eminent physicians and surgeons, have completely cleared up after removal of the diseased teeth.

Speech and hearing are also closely connected with the teeth, while by breathing poisoned air, contaminated by contact with diseased teeth and suppurating gums, the lungs are rendered unhealthy and more susceptible to the deadly influence of the tubercle bacillus. Impure air means

poor blood, and thus the springs of life are poisoned at their source.

#### ARTIFICIAL APPLIANCES.

When once the natural teeth have been removed, it is absolutely imperative that they should be replaced by artificial ones. The stomach depends for the healthy performance of its functions on thorough mastication of the food it receives. Food introduced into the stomach without undergoing the first stage of digestion in the mouth, may remain undigested for days, putrefying and generating gases which give rise to heartburn, headache, dyspepsia, diarrhoea, neuralgia and many kindred disorders. Once the digestive organs are enfeebled the resistance of the body soon becomes undermined, and wasting and loss of vital power result. It is beyond doubt a fact that many cases of longevity are due to the wearing of artificial teeth.

Whatever appliance is worn, it matters little, provided it is kept clean. Plates possess the great advantage over bridges and crowns that they can be removed and cleansed daily, while their use when properly made and persevered with for a few days, rarely causes any inconvenience. They should be kept clean by the use of a stiff brush and a small stick, and pumice should be used in the hooks and surfaces which oppose the natural teeth. At night, after cleansing, the plate should be covered with a little whiting and glycerine, and left until morning.

#### DANGERS OF QUACK DENTISTRY.

We feel we cannot conclude this series

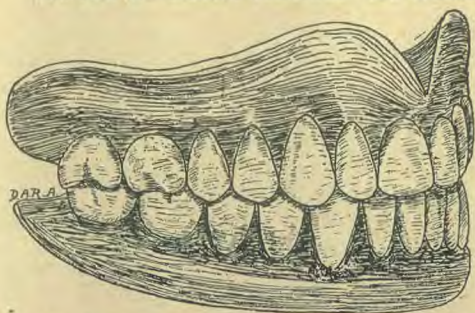


Fig. III. A complete upper and lower set of artificial teeth. Such an appliance can be easily removed from the mouth for cleaning purposes and is therefore more hygienic than "bridges" or crowns.



of articles without warning the public that the law in its present state allows the practice of dentistry by unqualified persons, though forbidding them to take the actual title of "dentist" or "dental surgeon." By attractive advertisements and inducements of low fees, these "quacks" and "dental companies" not only rob the unsuspecting public, but often do irreparable damage to the mouth and teeth into the bargain. Such treatment is dear at any price and it behoves everyone, therefore, before commencing treatment, to make sure that they are dealing with a qualified, competent dentist.

The important part played by the teeth in maintaining the general health, or in

causing disease, has not been fully recognized until recent years even by the medical profession, while the public are still largely in the dark regarding this matter. It is with the object of enlightening the latter on this vital subject that this series of articles has been written. The object of medical science is to lend a helping hand to every soul struggling for life against disease, or better still, to prevent disease by attention to the laws of health and hygiene which govern the human body. If we have helped to disseminate these principles—even to some extent—and cast but a ray of light across one dark path, our labour has not been in vain.

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## ABUNDANCE OF VITAMINES.

BY DR. JOHN ROUND.

*Honorary Physician, Battersea General Hospital.*

"Nature imitates herself. A grain thrown into good ground brings forth fruit. Everything is created and conducted by the same Master: the root, the branch, the fruit: the principles, the consequences."—*Pascal*.

THIS series of articles would not be complete without some reference to the abundance of vitamins provided for us by nature: they do not exist in tinned meats, only very sparingly in fresh meat, and not at all in spirits such as brandy or whisky.

All fresh fruits and vegetables contain vitamins, but, as might be expected, the nature of the vitamin and the amount of it in each kind varies considerably. Space, however, does not allow of describing each plant separately, nor would it serve any useful purpose to do so.

In this article we purpose to describe in detail the food value of oats and to compare such with other foods.

A good field of oats produces about 50 bushels or 1,600 lbs. to the acre. This amount prepared for human food would yield 160 pounds of rolled oats.

Raw oats analyze about 11.8% of protein and 5% of fat, which is just about the proper proportion to balance. Rolled oats contain the vitamins and minerals, and a pound of them furnishes 1,810 calories of energy. A pound of beef supplies only

about 950 calories of energy, or half the amount given by oats; lamb supplies rather more heat on account of the 28% of fat which it contains.

About 16% of the protein in oats consists of avenin, a substance which closely resembles the casein contained in milk.

We may here remind our readers that a calorie is the unit of heat and energy used by scientific workers to express physiological and chemical values. A calorie is the amount of heat required to raise one pound of water four degrees Fahrenheit, which means, in terms of mechanical force, that a calorie would raise one ton more than eighteen inches. Knowing these facts it is easy to figure out the enormous amount of heat and energy that is contained in a pound of good rolled oats or, for that matter, in a plate of porridge. Need we go on killing animals and birds for food? We think not.

A boy scout was asked his opinion of oats and replied in the following verse:—

"I used to be so pale and thin,  
But now I'm fat and stout;  
'Tis porridge that has changed me to  
A strong and healthy Scout."

In the famous universities and public  
(Continued on page 13.)



# HOME NURSING

CONDUCTED BY NURSE WRIGHT-BROWN.



## The Nursing of Nervous Diseases.

(Concluded.)

TELL the patient she is missed and wanted back; that will encourage and please her; but tell her too how well everyone is trying to fill up the gap while she is resting. The task will not be an easy one, but if it is accomplished with the addition of a few hints given below a good degree of success may be hoped for in the way of recovery, but in very few cases will it ever be equal to that obtained away from home. It is very necessary that a nurse or some good sensible woman should have the care of the patient for a time at least; for no one who has the ordinary cares of a home can at the same time attend to a patient of this description.

Her meals and treatment must be very regular and well given. She needs quiet and yet bright company, someone who knows when to talk and when to keep quiet. The diet must be easily digested but very nourishing.

Little or no medicine is required in these cases.

The bowels must be well opened every day, and the room should be sunny and well ventilated.

Always keep the patient's feet warm, as this helps to prevent head-aches.

Bear in mind that the worst time for the patient is from the time she first awakes in the morning until after mid-day. Toward the evening the patient is always brighter and appears much better, but these feelings are deceptive and she must be encouraged to keep quiet in the

evening as an excited evening may mean a bad sleepless night.

After six p.m. the patient should not be encouraged to talk or read very much and should on no account see visitors after that hour. Even the children and the other members of the family should not be allowed in the room after the evening meal. As the patient's health begins to improve it will be noticed that she is better in the mornings and more tired at night. This is a very good sign and shows that the patient is rapidly approaching a normal state of health. Sleeplessness, which is one of the most dreaded features of this ailment, may be combated by one of the following methods applied at night usually about 8.30 to 9 p.m.

1. Hot foot bath.
2. Fomentations to spine.
3. Fomentations to abdomen are specially good for insomnia.

N.B. Any of these methods should be employed just at the very last, before the patient settles to sleep. Hair-brushing, teeth-washing, etc., must all be done first if the desired results are to be obtained.

Use Fig. 1 first (see May issue), then finish off by finger stroking very lightly as shown in Fig. 2.

And last, but not least, a heart and mind at rest is one of the most essential things for a speedy recovery. Nothing is more restful and soothing to weary



jaded nerves than a realization of the fact that the hand of an all-wise loving Father is guiding our frail barque on the tempest-tossed sea of life to its desired haven. Happy is the nurse who can reveal this truth, and happier still the patient who will receive it. To them the words of the good old Book mean something, "A merry heart maketh a cheerful countenance; but by sorrow of the heart the

Some time back, Sir A. H. Church, F.R.S. stated that the amount of energy secured from oats for  $2\frac{1}{2}$ d. would cost  $3\frac{1}{6}\frac{1}{2}$ d if derived from lean beef. Prices of food stuffs have changed so much lately that the figures may not be correct now, but the fact remains that porridge is still a cheaper and much more nourishing and wholesome breakfast food than bacon.

To illustrate the wastefulness of meat production a careful estimate was made at a large pig farm in the town of Cincinnati, Ohio, of the quantity of oatmeal used in fattening pigs as compared with the food value of the meat produced. It was found that the oatmeal would have gone nearly four times as far as the pork in feeding mankind.



STROKING SPINE WITH TIPS OF FINGERS

spirit is broken . . . he that is of merry heart hath a continual feast."

This is true Christian Science; the only kind that can be rightly called by that name.

### Abundance of Vitamines.

(Continued from page 11.)

schools 93 in every 100 athletes had oat foods during their childhood, and eleven out of twelve take oat foods when training for contests.

Simple habits in eating and drinking lead naturally to independence of mind and intellectual tastes, which tend in the direction of a purer and higher life.

History tells us that a Greek ambassador who visited the Roman Consul, Manius Curius, with the purpose of bribing him, was smitten with despair when he found him dining on roast turnips.

—♦♦—  
"FOR health and well being, body and mind alike need rest and recreation."



## THE FIRE IN THE FOREST.

By ISOBEL HUME FISHER.

A FOREST fire! The old adventure tales come to one's mind—of pioneers in the virgin woods of new discovered countries—of desperate axe-men hewing a clearing round their straggling settlements while the fire roared nearer—of men on maddened horses racing from death in untracked lands with the flames leaping at their heels. But who would have expected a fire in the pine woods four thousand feet high on a Swiss mountain? Yet it came.

We had had a month of brilliant and scorching sunlight and it was a discontented voice that proclaimed on the hotel balcony: "The mist is coming up."

Leaning over the balustrade we saw that, above the sheer drop into the Rhone valley, the blue sky was veiled and blurred.

"That's the end of the fine weather," we said and sighed.

Half-an-hour later the voice that had been discontented rose on a sharp note of astonishment. "That mist looks like smoke," it said.

There was a rush for the balconies on the third story of our big *châlet*, from there we could see clearly—a tall column of yellow smoke was mounting and spreading in the bright air. And as we looked a man came down the street blowing a great horn, the primitive note of alarm in Alpine villages.

"There is a fire," said one of the porters laying aside his broom and green baize apron. "I must go, I am a fire-man."

While his heavy boots clattered on the stairs the *tocsin* began to ring.

"Clang! clang! clang! the heavy-tongued warning broke over the huddled roofs of the village. "Fire! fire! fire!"

With one accord the male population of the hotel took to their heels and made their best speed in the direction of the smoke. There is, in the wisest, staidest most dignified of men a little bad boy that never grows up. Now we saw fifty years old running as hard, or trying to, as twenty, while forty-years-old and thirty urged them on. And on every face was the

relish for adventure that one sees in the round eyes of four-years-old when he makes his escape from mother and nurse and struggles through the garden hedge to discover the world for himself.

After an interval the *tocsin* clanged again for the second relay of firemen. Here these are simply recruited amongst the other trades and professions, and we could see the masons laying down their trowels and the carpenters their hammers, the bakers and fruit sellers left their counters and all came hurrying from their houses hastily buckling their tunic-belts and setting on their brass helmets. As one man hurried under our windows we called to him to ask what was the matter. "C'est la forêt qui brûle," he called back. "The forest is on fire."

The smoke grew denser and blotted out the valley and the distant peaks; then it set towards us and came swirling along the balconies filling our nostrils with the acrid smell of burning wood. Our adventurers came back tired and thirsty, with their hair and clothes full of cinders. For the moment there was no danger they said, though the women in the forest villages were half crazed with fear. The fire was running through the dried leaves and underbush, and since the firemen had raked away the leaves and were laying bare wide bands of wet earth round the scattered houses there was no fear of the roofs burning.

"But if the wind rises——" they said.

In the evening as we sat at dinner behind closed shutters we heard the branches of a tree beside the dining room creaking. The men looked at each other significantly. If the wind rose——. At nine o'clock the *tocsin* rang again furiously. We went out to look and found that the smoke had thinned but there was an ugly red glow in the sky above the forest. We tramped two miles to the little village of W—— and there gathered on a knoll from which we could see all that was going on between the red glare and the dark, fantastic shadows of the



wood. The wind was only blowing fitfully but it had been enough to aggravate the mischief. The trees were flaming now. They had long streamers of grey lichen in festoons round their trunks and this and the pine needles burned like tow. It was strange to see each straight pine break into a core of flame with a sheet of flame quivering over the branches. Then this would die out and only the bare boughs were left to burn with a sputter and crackle of little flames that gathered strength and finally, mastering the trunk,

carried the sparks and threatened to set alight the wooden roofs of the chalets. Men stood by them all night long plying their hoses and the haggard women carried down their treasures in preparation for flight and then sat weeping on their doorsteps keeping guard over home and children.

We came home with heavy hearts, looking with foreboding on the clustered roofs of the old wooden houses in our own village. If the wind rose——.

But in the morning we woke with a



"Who would have expected a fire in the pine woods four thousand feet high on a Swiss mountain?"

roared heavenwards making a giant torch of the tree.

Two hundred soldiers had been sent from the fortresses in the Rhône valley, and each village within a radius of twenty miles had rung the tocsin and sent in its quota of firemen. With the volunteers 500 men must have been working there over the two square kilometres of blazing woodland. They cut down or dynamited scattered clumps of trees that might have served as bridges for the flames, the underbush and dead leaves were cleared away from the edge of the burning district, and wide low trenches were dug on the outskirts of the villages. But the wind

cold air on our faces. The wind had dropped with the thermometer and the low grey sky was heavy with clouds. Before we had dressed there was the first flurry of snow in the air. It was the abruptest change of temperature that any of us had ever experienced, but we welcomed it, for we were saved! The women in the forest villages could shake off the horror of the night, and carry back their pitiful little heaps of cherished possessions, bringing them back into their homes to set each in their accustomed places. The soldiers could go back to

*(Continued on page 17.)*



## HYGIENIC ADVICE.

Send communications, which must be brief, with address and stamp to the Editor, Good Health, Caterham. Anonymous letters are not considered.

**Smoking.**—P.J.M.: "I have been a cigarette smoker for a number of years and am anxious to give it up but after repeated trials I find it practically impossible to discontinue it and overcome the craving. Can you help me?"

**Ans.**—Tobacco is an insidious evil and it is because of its slow effects that more are not aware of the danger to health they run in its continued use. There are many scientific reasons that we might offer you to show you how harmful cigarette smoking is, but we think perhaps the highest argument against the habit is the fact that it gains such a hold upon an individual. The best way to overcome the habit is to discontinue the cigarettes entirely. Sometimes patients who are heavy smokers endeavour to give the habit up gradually, but this is both unscientific and unmanly. If we are convinced that anything is wrong it is our moral duty to cease at once. There will be many battles to be fought against the craving, which in some cases are almost intolerable; but if you carry out the following directions, we feel sure that you will be successful. Firstly, adopt regular habits of eating and sleeping. Let your meals be simple and non-stimulating. Discard as far as possible the use of meat, tea and coffee. Do not use condiments of any kind. Take abundantly of fruit, fresh and cooked, and your blood will quickly assume its normal condition and the craving will cease. Drink freely of water and milk, secure a regular action of your bowels and abundance of fresh air and sleep. Above all, bring to your aid the power of a strong will governed by intelligence and moral conviction.

**Pains in the Head.** G. F. R. My wife is suffering from severe pains in the head, at the top and back. She is also hysterical. Her age is forty-four. What are the best measures to take?

**Ans.**—There is little doubt but that your wife's condition is either caused or aggravated by her time of life. To many women this is a most painful and critical age. A few pass through it without much trouble, but the majority of women suffer considerably, while cases of severe mental trouble are not rare. It is very important that women at this time should be relieved as far as possible of extra work, anxieties of the home, or anything that will involve physical or nervous strain. They should be dealt with tenderly and sympathetically, and the general health should receive particular attention. The diet should be simple and non-stimulating in character, and the bowels should be kept free. Rest in bed occasionally is very useful to relieve the severe nerve pains. The bad headaches are usually relieved by rest and hot foot-baths.

**Vegetarian Diet.**—D.G.: "I wish to adopt a vegetarian diet as advocated in GOOD HEALTH. Would you please give me the benefit of your advice and experience? I am twenty-five years of age and am engaged in very strenuous work daily."

**Ans.**—We are interested in your new venture and feel sure that if you go the right way about it that you will benefit very much from the adoption of a non-flesh diet. We notice that your work is hard and strenuous, but this, so far from being against your adopting a non-flesh dietary, is in its favour, for, as is well known, energy is derived not from the proteins of which meat consists but from the carbohydrates which are found in the vegetable kingdom. We do not think that you will have much difficulty with your food as there is an abundance and so great a variety from which you can choose. Remember, however, that in giving up meat you must take other foods which contain the properties of meat, namely proteins. These are found largely in nuts and legumes and eggs, etc. Take three meals a day with nothing in between. While overeating is harmful do not fall into the opposite extreme of a deficient diet.

**Nervous Dyspepsia.**—C.B.: "I am seventy-one years of age and have a large family. For the past year I have suffered from nervous dyspepsia, loss of sleep and appetite, and general weakness. I also suffer much from great depression and I sometimes think I shall lose my reason. I should be grateful for your advice."

**Ans.**—The symptoms of which you complain are those that are usually associated with nervous dyspepsia and it is very important for you to direct your attention to the cure of the indigestion. Health, sleep, happiness and contentment will follow in due course. In spite of your age we are sure that if there is no organic disease you will make a rapid recovery by giving careful attention to the simple rules that we lay down. You should not have more than three meals a day unless you are feeble and unable to take the ordinary amount, in which case you might take food more frequently. You will find it very beneficial for you to make your breakfast of some simple grain food such as Granose Biscuits and fruit or hot milk. Let your dinner consist of a lightly-boiled or poached egg, some simple vegetables and a milk pudding. Your tea should consist of a good brown bread, not too coarse, and fruit. Later in the evening have a cup of hot milk or Benger's Food, or Ovaltine, but carefully avoid both tea and coffee. Make a practice of taking a glass of water first thing in the morning and also drink freely between meals. If you suffer with pain in your stomach take the water hot, but otherwise you may take it at any temperature you please. In spite of the great depression from which you suffer you need not fear that your reason will give way.

---

"GOOD simple food of the right kinds and in the right proportions constitutes one of the main requirements for healthy living."



## The Fire in the Forest.

(Continued from page 15.)

the forts and the firemen were even now on their way home.

Our own porter fireman came back incredibly dirty and weary. "It is all over," he said, halting to greet us. "And none too soon," he continued, stooping to gather something up from the garden terrace. He held out his hand to show us. There were little black wisps in it like curls of burnt paper.

"Cinders," the man explained briefly.

We shivered. In the midst of life we are in death, and in the moment of our most utter security the ambushed peril may leap on us and strike us to the earth. If the wind had risen——!

---

"THE housewife has only to keep her windows open, to take enough exercise in shoes that do not cause an anatomist to shudder, to avoid 'nerve tonics,' and she may fairly expect her appetite and her complexion and figure to retain their beauty to a good old age."



## If Your Hair Could Speak

it would cry out loudly against the use of common Hair Washes and Creams that only clog the hair follicles and foster the growth of dandruff. It would thank you, if it could speak, for

## LITTO REGD.

because that is the hair's natural food. It not only gives new life to the hair by feeding the roots, but cleanses the scalp, prevents Dandruff, Dryness. Scantiness, stops loss of hair, and restores the natural colour. Your hair will grow in luxury, in brilliance, in softness of texture, as it never grew before. LITTO is made in four strengths to combat all hair trouble. Try it for yourself. Get a 2/6 bottle from your Chemist, Hairdresser, or Store, or send P.O. direct to Dept. G.H.

L. T. FLITTNER, 2 NEWINGTON GREEN, London, N.1.

## WISE MOTHERS

are careful about giving the little folks tea or coffee.

To satisfy the desire for a hot table drink, such as their elders enjoy, give them

# INSTANT POSTUM

A pure, satisfying beverage, rich in flavour, that is both healthful and pleasing.

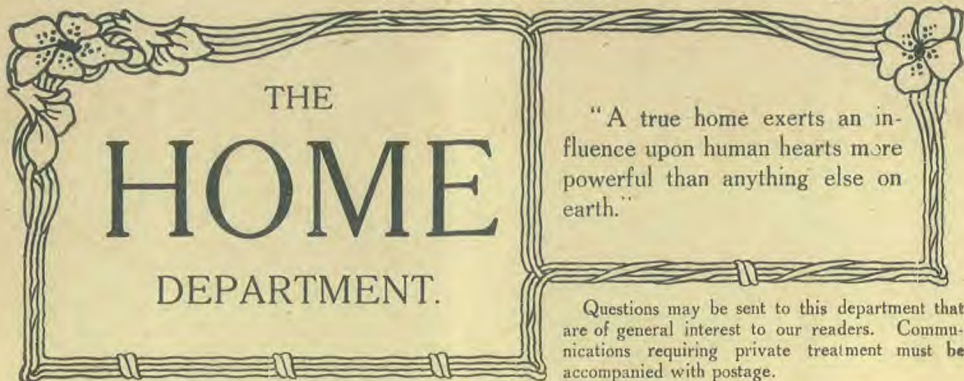
Good for grown-ups, too!

Sold in  $\frac{1}{2}$ lb. tins sufficient for 90 to 100 cups  $\frac{2}{8}$ ,  $\frac{1}{4}$ lb. tins,  $\frac{1}{7}$ . Of grocers.

**"There's a Reason."**

**GRAPE-NUTS CO., LTD., 86 Clerkenwell Road, London, E.C.1.**





## *How to Get Rid of Household Drudgery.*

THERE are two kinds of drudges: the victim of circumstances—not always of poverty, however—and the woman whose lot is in her own hands to make or mar according to the way she manages her affairs. To the former we can only express our sympathy—but to the latter, who represents by far the larger class, we offer the following considerations.

With many women household drudgery exists more in the mind than in fact—it is largely mental. Dislike for housework is a consequence of modern business methods and the fear in the minds of some girls that present-day conditions spell straightened circumstances and household drudgery. It is certainly true that housewives are taxed more than ever before to make ends meet, but drudgery it need not be, for there is no more exalted work than that of home making, including, as it does, so many different activities which go to make a really successful housekeeper in the broadest sense of the

worked business man of a wife who makes her home a haven of rest—a place of delight—a real home! This is the kind of woman that Solomon wrote of—it is the kind of woman that has produced the world's best men. And what is the prime quality required in such a woman? It is unselfishness, the willingness to work without being seen, to be interested in another's success, to faithfully perform her God-given task of ministering. But with this essential quality lacking what kind of woman will the new woman be?

When the idea of drudgery is dispelled housework will become a pleasure, kitchen work will be raised to the level of the laboratory, and the art

of cooking will be on a par with other professions. But before this can be realized many women must simplify their household arrangements; they must be methodical and must bring into use progressive ways and means of cutting down labour. It has been said that men are more progressive than women in emancipating themselves from menial

### The Ideal Housewife.

A VIRTUOUS woman who can find?  
For her price is far above rubies.  
The heart of her husband trusteth in her,  
And he shall have no lack of gain.  
She doeth him good and not evil  
All the days of her life.  
Strength and dignity are her clothing;  
And she laugheth at the time to come.  
She openeth her mouth with wisdom;  
And the law of kindness is on her tongue.  
She looketh well to the ways of her household,  
And eateth not the bread of idleness.  
Her children rise up and call her blessed;  
Her husband also, and he praiseth her,  
saying:  
Many daughters have done virtuously,  
BUT THOU EXCELLEST THEM ALL.

—Solomon.



ous labour, and that if housework had been a part of their daily work the processes would have been simplified long ago. Be that as it may, the truly successful housewife is the one who puts her brains as well as her heart into her work, and scorns to do things in the same old way just because they have always been done that way—she is a woman of ideas and sets to work to lighten her burdens instead of sitting down in discouragement.

A husband should be able to place absolute confidence in his wife's intelligence and ability to deal properly with the food question. She should have a good practical knowledge of food values, as such knowledge not only helps to ensure the adequate nourishment of her household, but would also help considerably to reduce her own labour in the kitchen. Many women, as well as their families, need to learn that simple, natural food amply sustains the body. There is far

too much work put into some of our menus, and the hardworked mother often has very little thanks for her ill-placed pains; most men enjoy simple food and plenty of it rather than complications which neither satisfy nor nourish.

Here are a few suggestions which may help to banish the household drudge:—

Cultivate the habit of early rising and organize your work.

See that you have all the necessary labour-saving utensils and appliances to assist you in your work.

Keep a good stock of easily prepared foods such as tinned goods, dried fruit, eggs, cereals, cheese, nuts and fresh fruit in season. Good housekeepers buy everything possible in fairly large quantities—it is cheaper and saves work.

Cook larger quantities of foods that will keep, and plan to serve them up in a variety of ways.

Have an entirely uncooked dinner quite often; if properly balanced the food value



**GOOD HEALTH.**

**I**NDIGESTION is one of the commonest causes of poor health. *But if you insist on your Baker supplying you with ALLINSON WHOLEMEAL BREAD* which is made from rich, ripe, golden wheat, you will ensure good health for yourself and your family. Allinson Flour is stone-ground to the ideal degree of fineness. Start eating Allinson Wholemeal Bread to-day; you will enjoy it and soon notice the improvement in your health.

SEE THE BAND ON EVERY LOAF.

Name of nearest Allinson Baker and Literature sent on receipt of Post Card. Allinson Wholemeal Flour is perfect for all domestic cookery and is sold in sealed bags of 3½ lb., and 7 lb., by Allinson Bakers. Each bag contains the "Homely Cook" Book of Recipes.

THE NATURAL FOOD CO., LTD., 210 Cambridge Road, London, E. 2.

**Allinson UNADULTERATED WHOLEMEAL Bread**



will not be lacking and the family will thoroughly enjoy it, especially through the summer.

Don't allow pots and pans and dishes to accumulate. Wash and put away each article you use. Keep your kitchen table as well as the sink cleared for action.

Someone has suggested that at least once a week each member of the family should be expected to wash and put away all the utensils he or she may use throughout the day just to give mother a chance, and it is not a bad idea.

Don't tolerate litters; don't have a lumber room; don't have any place where miscellaneous things can accumulate higgledy-piggledy fashion.

### NEXT MONTH: Are Women Bad Bargainers?

Wash and dress and arrange your hair immediately on rising; there is no need to go about till late in the day in a dowdy untidy condition.

Don't imagine you are losing time by engaging daily in brief periods of relaxation or healthy recreation. You will get all the more done and with less fatigue.

All honour to the housewife who tries to do her duty; she should be given every consideration; her burdens should be lightened in every possible way and the roses made to bloom in her cheeks as long as possible. And if the dissatisfaction and restlessness of the modern woman is a protest against drudgery and the burdens ordinarily associated with domestic life, then let us hope that she will stop protesting and apply herself more assiduously to the study and practice of sensible up-to-date and scientific housekeeping.

### Recipes for Cold Dinners.

HERE are three excellent recipes in the event of hot weather, a picnic dinner, or for any other reason when a hot dinner is not possible or desirable. With the addition of salads and fruit and Granose or other biscuits a most enjoyable dinner



## To Hit the Mark of Perfect Health

Sinews and nerves require the necessary body-building material. Here is a valuable hint for the day's first meal:—

As a pleasant change from mushy porridge, try a crisp, dainty food that can be served without cooking direct from packet to plate.

## "P.R." BODY-BUILDING Breakfast Food.

Rich in the organic natural salts now known to be essential to healthy blood, sound teeth and long life. It tastes good and will keep you feeling fit all the morning. Suits all ages and all digestions.

Sold in Packets by Leading Stores and Grocers.

**9½d.**

Where no agent, 12 packets sent carriage paid for 9/6.

Sample POST FREE on receipt of post card.

THE  
WALLACE  
"P.R."  
FOODS CO.  
LTD.



35  
Tottenham  
Lane,  
Hornsey,  
N.8.



## SAVOURY PIE.

One-half pound tin Protose; two cups bread-crumbs; one onion grated or cooked in little butter or margarine; one or two beaten eggs; one cupful stewed tomatoes; one cup boiled macaroni cut small; season with mixed herbs and salt. Mix well together and cook through in a pan over the fire or in the oven. When cold make as you would a steak pie. Bake to a nice brown and serve cold with sliced tomatoes or salad.

## BROWN.

One cup boiled macaroni; one-half cup pine kernels or peanut butter; one large grated onion; one cup stewed tomatoes; two hard-boiled eggs; one tablespoonful tapioca (soaked); one tablespoonful cornflour. Bake the pine kernels to a pale brown and put through a mill. Cut macaroni up with the eggs very small, mix together with the other ingredients, and season with a little thyme, mace and celery salt. Put into a buttered mould, and steam three hours. Turn out when cold.

## HARICOT PIE.

Boil one-half pound white haricots till tender, and mash through a colander. Soak two ounces tapioca in cold water; two sliced hard-boiled eggs. Fry a small onion in margarine and chop fine; brown a little flour in the margarine left in the saucepan, add to it some water strained off the haricots. Mix this gravy into the tapioca and minced onion, fill up the pie-dish with haricots and tapioca. Moisten well with the gravy, and cover with a crust well brushed over with egg. Bake in a hot oven, when cold this cuts into firm slices.

## ADVERTISEMENT NOTE.

### A Healthful and Refreshing Drink.

WITH the advent of warm weather a healthful and refreshing drink becomes very desirable, and "Glass Lemon" is just the thing. As you will probably have gathered from the name, Glass Lemon is a lemonade, but not to be confused with the old-fashioned lemonade powder which requires much sugar to sweeten and continual stirring for many minutes to produce a yellow coloured water, with the addition of lemon flavour.

Glass Lemon is a distinct departure from the old-fashioned powders for it requires no sweetening; is ready for immediate use and a spoonful added to a tumblerful of water instantly produces a most delicious drink. You can taste the actual Lemon in it exactly the same as if you had bought lemons, cut them up, added sugar, and then produced home-made lemonade. The reason for this is that Freeman's Glass Lemon is made from the actual fruit itself combined with pure cane sugar. It is absolutely pure and it is well known that there is no more beneficial drink than a glass of genuine lemonade made from Freeman's Glass lemon.

MELARVI MELARVI MELARVI MELARVI MELARVI

## NO COOKING REQUIRED.

What a lot of work this will save during the hot weather. And less work means more leisure to spend in the open with the children.

## NO SUGAR REQUIRED.

At the present price and scarcity of this article, the food that requires no sugar is the greatest boon to the housewife.

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# A Page for Women.\*

Conducted by Marie Blanche.

## Open-Air Hobbies

OF all the open-air hobbies there is none to compare with the industrial art of gardening. Games, sports, poultry-rearing, bee-keeping may each be made into a hobby, but for pure delight, profit and fascination, gardening takes the lead. Tennis, hockey, golf are first class exercises, but they are not lucrative hobbies. Bee-keeping and poultry-rearing are extremely profitable pursuits, but as hobbies they cannot be said to provide much physical exercise. Now gardening is at once most splendid exercise and most lucrative work. It is a productive hobby and it can be made a source of daily food. It provides you with all you need in the way of outdoor life, and it gives you not only food for your body but food for your mind. Even taken up quietly and carried out simply as a hobby, and not as a commercial undertaking, it yields a world of pleasure to yourself and those around you. It is not a selfish occupation.

Tiring? Well, yes, it is that. But then so is tennis and hockey and golf. Even cycling and walking are tiring if overdone. Gardening, unless carried to excess, is no more tiring than sports and games. You can make yourself utterly weary by merely walking across country, doing nothing but eating up miles and miles of road, wearing away pounds and pounds of valuable shoe leather, by way of a hobby. Walking is of course a first class exercise, the finest perhaps of all, but it is not good enough subject for a hobby. It occupies the body, but in itself it does not occupy or exercise the mind. And a hobby that doesn't demand some mental application is a very poor hobby indeed. Now in gardening you must use your brains, and having admitted that it is a tiring occupation, I would point out that it yields at least something profitable in return for your fatigue. There is something to show as a result. Your digging and weeding, your pruning and staking, are not so much strength and time used up in mere exercise, beneficial and healthy as that exercise may be. You have another reward—a very substantial reward—when your crops come along and your fruit trees yield their harvest of ripe produce for the table.

### THE ATTRACTIONS OF GARDENING.

Given a bit of ground, and a feeling for mother earth, the poorest amongst us may learn to be a gardener. The initial outlay is not great. You

can cultivate and till the soil in such a way that the small expenses of making a start will in twelve months be repaid fourfold. And that is a promise that few hobbies can hold out. Usually a hobby is a considerable drain on your purse. Gardening is quite different, it puts money into your pocket. But don't tackle the thing imperfectly equipped. Get strong gardening tools and comfortable, stout soled, flat heeled shoes, a very short, wide skirt, and a shady hat. Seeds are quite inexpensive, and for a few pence you can make a brave show and set things going. Commence by growing salads, they are always easy; lettuce, radishes, onions, beet, parsley, cress, mint, tarragon, shallots. All these grow readily and are always sure of a welcome in the kitchen and on the table. Tomatoes are of course the desire of every beginner, and as they are most cheerful things to deal with a few young plants should be started in a sunny position, in firm soil and well watered in dry weather. There is really no end to the list of things you will be able to grow in your garden once you get to work, and you will find you get to love it more and more every day. Even when you are tired with planting, and hoeing, and weeding, and all the rest of it, you will be serenely content to merely sit and gaze, and enjoy the mere contemplation of your day's labours. It is in these moments of rest and contemplation that you will form plans for another season and your garden will become your intimate friend. Indeed the companionship of a garden is one of its most lasting attractions. It brings contentment. How true the lines—  
"In the poor man's garden grow far more than  
herbs and flowers;  
Kind thoughts, and peace of mind, and joy for  
many hours."

### THE TRIALS OF GARDENING.

Of course you must be prepared for little trials and disappointments. Such for instance as finding your pet lettuces gobbled up by slugs and snails in damp weather. You will however soon learn to anticipate these ground pests. You will prepare them a daily menu of soot and salt, or sulphur and tobacco ash, or lime flour and coal ashes. For all these the slug and snail have a singular distaste. Therefore keep them well fed up on a diet of these ingredients. Sometimes you may possibly have the double annoyance of stray poultry from your neighbour's preserves. If remonstrance with their owners effects no restraint upon the invading birds, chase them from your garden into the open road and give your inconsiderate neighbours

\*Correspondents should address Marie Blanche, c/o Good Health, Stanborough Park, Watford, enclosing stamp.



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AFTER careful consideration of all the circumstances involved we have decided to restore the eight pages by which the last three issues of GOOD HEALTH, April, May and June have been reduced. Beginning therefore with the July number the magazine will again consist of 32 pages, but with the addition of a specially handsome art cover in two or three colours. Our readers, however, will understand that with the extra expense involved in this improvement and having regard to the acute paper famine and enormously increased costs of material the journal cannot remain at its present price of threepence. Hence we have no other alternative but to increase the price of the magazine to sixpence. We trust that our readers will fully appreciate the conditions which have led us to make this change and consequent increase in price, and we are confident that they will, as heretofore, rally loyally to our support.

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(Concluded from page 22)

a bit of hard work to recapture them. This may sound unkind, and in the way of a reprisal. No matter. It is a perfectly justifiable method of self-defence and you will probably not have to adopt it a second time. I have heard of cottage gardeners who made a rule of *detaining* every stray hen that trespassed on their ground and destroyed the young seedlings. When the hen had laid an egg, by way of compensation, she was released! One artful old boy, more rogue than fool, used to trap every chicken that ventured within his garden confines; and he grew fat and flourishing on new laid eggs and roast fowls at his unsuspecting neighbour's expense. He was, in a measure, literally supported by voluntary contributions. In time facts came to light. Neighbours kept their poultry behind wire netting. Chickens and eggs disappeared from the cottager's larder. And the little garden was cultivated without further interference from hungry cocks and hens.

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