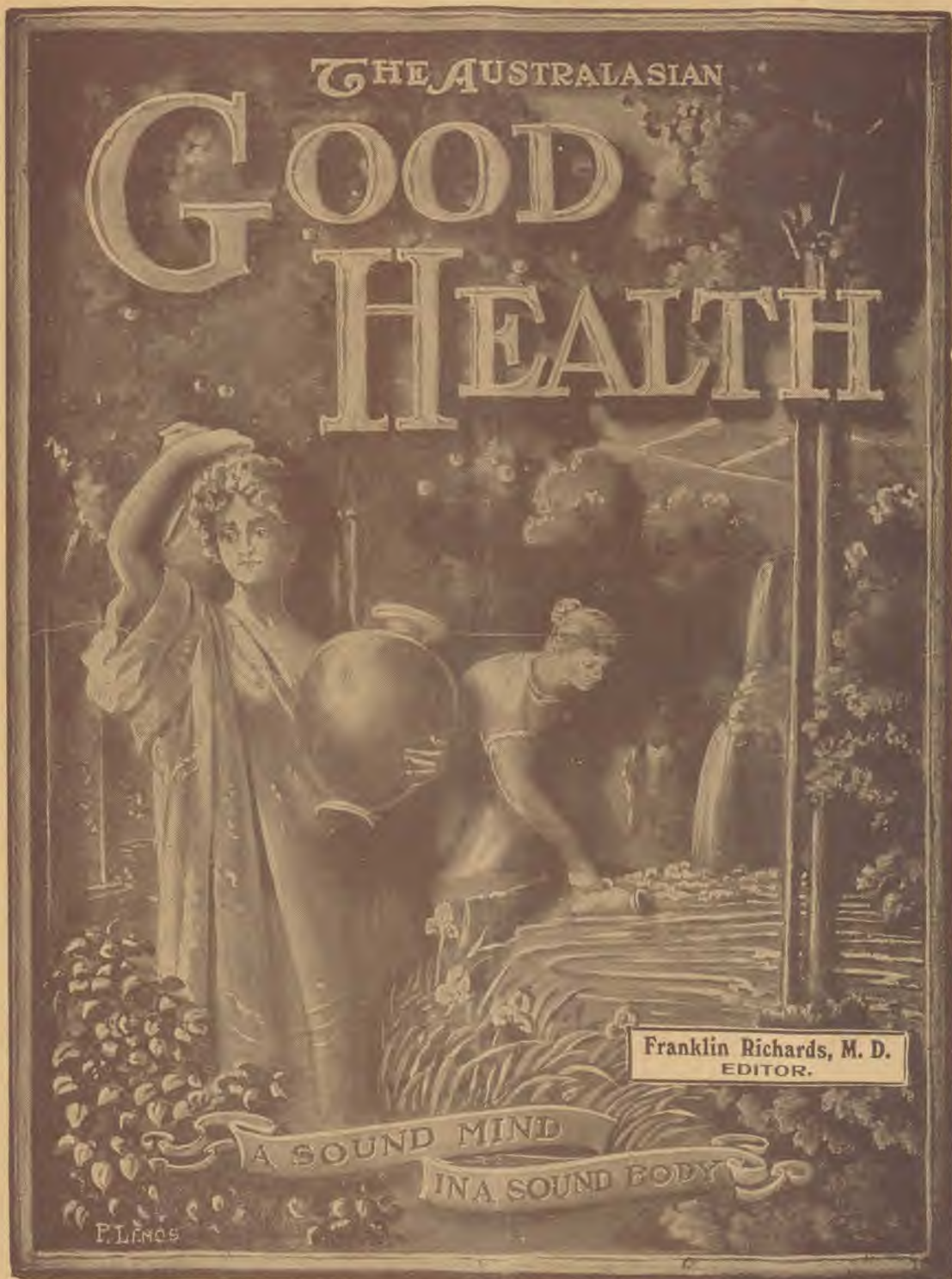


WHY ARE WE WEAK ?

COORANBONG, N. S. W., JUNE 1, 1907. VOL. 10, No. 6.



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Prepared by the Sanitarium Health Food Company, Cooranbong, New South Wales.



June, 1907.

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GOOD HEALTH

Medical and Health News

Vol. 10.

Cooranbong, N. S. W., June 1, 1907.

No. 6.

WHY ARE WE WEAK?

Transgression of Natural Law Is the Cause; Weakness the Effect. Wherein Our Transgressions Consist. The Remedy.

THOUGH the causes of weakness are many, they all spring from one common source. Lawlessness is the root; weakness one of the branches; diseases the bitter fruits.

The laws that have been transgressed are the laws of health. These laws are sacred laws, divinely ordained to protect man. The laws of health are like hedges placed round about us to shut out disease and destruction. By carefully keeping these hedges we ward off a thousand dangers; but if we ignore and despise them, our enemies come in like a flood. "Whoso breaketh an hedge a serpent shall bite him."

No doubt ignorance of organic law leads to this ruthless transgression. But lack of knowledge does not avert or even mitigate results. If through erroneous education in youth, wrong habits have been formed, a post-graduate course of study should be taken. Willingly and cheerfully these habits should be corrected, both mind and body being enlisted in repairing the hedges of health.

Some suffer because of the transgression of their parents. "The fathers have eaten sour grapes, and the children's teeth are set on edge." No doubt there is something in hereditary tendencies, yet it is a fact that those born with tendencies to disease, may counteract these by a wise course of training and careful attention to the laws of health.

The weak points may be made almost the

strongest. Weak lungs and stomachs may be strengthened—and faint hearts and weak heads, too—by cheerful obedience. But if habits of living are followed which tend still further to weaken these enfeebled organs, in a few years death may result. The law reads, "The sins of the fathers shall be visited upon the children." Unwelcome visitors should not be received with open arms. They need not be taken in and made permanent guests.

One of the commonest causes of weakness is the indoor life. Man's native home is the garden; his natural life, the free, active, out-of-door life. Sunlight is essential to health. Unadulterated daylight is of far greater practical importance than X-rays or radium. Sunlight destroys disease germs; it also destroys diseased tissues. At the same time it strengthens healthy parts and sick parts that may be made healthy. It has a wonderful selective action. An easy way to test the discriminating powers of sunlight is to focus the sun's rays on a wart by means of a reading glass or other lens. Let the focussed rays act several times in quick succession for as long as the heat can be borne. In a week's time the wart will be withered and ready to drop off, if the treatment has been rightly given. The healthy tissues are uninjured. The camera quickly detects the difference between inside and outside light. Is the body so much less sensitive as not to be influenced by the change?

Women are perhaps the chief sufferers from close confinement indoors. They become pale and feeble, and so susceptible to cold that slight exposure produces serious illness and sometimes premature death. Young children, too, often die for the want of pure air and sunshine. Puny infants may be invigorated, and healthy infants kept strong, by daily exposure of the legs and body to sunlight, the eyes and head being shaded. In all but the rough winter weather, children should sleep as well as play out of doors during the daytime at least.

Mouth breathing and the breathing of stagnant house air are common causes of weakness of the nose, throat, and chest and a general feebleness of body. The nose is a first-class air filter; but when air is drawn through the mouth, dust and germs go with it into the air tubes and lungs. The lungs of the mouth-breathing townsman become quite sooty and almost black. Colds, catarrhs, post-nasal growths, pharyngitis, tonsillitis, laryngitis, and bronchitis are a few of the troubles that originate in these bad habits. In order to be strong and well, it is necessary to eat for strength. Careless and unskilled feeding of the human machine results in a much reduced output of energy. When an excess of food is taken, or an excess of one kind of food, important organs are burdened. The liver is clogged, for example, by too much sugar and sweets; or the kidneys are overworked in disposing of the wastes taken in with flesh foods and animal extracts. Overeating weakens the body by injuring and clogging the digestive and nervous machinery. An impoverished diet or scanty or ill-cooked food impoverishes the blood and debilitates the blood-making organs. The habitual use of tea, coffee, and other hot beverages produces atonic dyspepsia and nervous disorders. Gloom and depression at meals often bring on bilious attacks: while anger is a common cause of apoplexy.

The test question to be applied to any article of food or drink should be, "*Is it good?*" not, "Does it taste good?" If it is food suited to the bodily needs, the taste for it will come with the using. The use of olive oil will serve to illustrate this point. Infants and young children with healthy appetites are usually fond of pure, sweet, olive oil, taking it with relish at first taste. The average adult who is accustomed to the use of animal fats does not like olive oil and olives until they have been persistently eaten in small amounts with other foods at every

meal or every day for a time. Then the lost childhood taste is gradually regained, and a positive fondness formed for this excellent food.

In the same way cravings are created for injurious and unwholesome beverages and foods. The healthy child who has never tasted tea, will spue the bitter drug out of its mouth very quickly. But, you say, "Do not many children from birth show a fondness for tea?" Yes, if they were saturated with it before birth, or if they have been drinking it from birth in their mother's milk. The test is to be made with the child whose mother does not drink tea, and the tea is to be given by itself—any child likes hot water with cream and honey, and may even drink it after some ignorant adult has poured a little poison in it from the teapot, just as it might be induced to swallow any other bitter drug disguised in the same way. Remember, too, the power of example. "I likes what mother likes," is an often-heard saying of children. And to "do as father does," be the deed good or bad, is the fond ambition of the boy.

Unsuitable and improperly-supported clothing, through causing deformities and internal displacements, contribute largely to weakness in women. Even men carry their clothing, like camels, on unsightly humps on their backs. The muscular weakness which permits kidneys, livers, and stomachs to fall down out of their place, is in part due to lack of daily, systematic use of the muscles, and in part to the wearing of the clothing of civilization. The corset is the worst thing about this bad clothing. It should be discarded by every woman who prizes health, and the clothing supported by some sensible substitute.

The use of drugs and stimulants, filthy and unhygienic surroundings, damp rooms, exposure to cold or extreme heat without due precaution and protection, impurity, vice and other moral maladies, mental depression and discontent,—all are factors in the enfeeblement of the human family.

Unfortunately, physical weakness does not occur by itself. Lack of mental vigor, and moral control, and restraint are its common accompaniments. Crime, imbecility, and insanity keep close step with physical deterioration. Let us therefore contribute nothing to the common causes of weakness. Let us rather diligently seek to remove these causes from our own lives and from the lives of others, replacing the causes of weakness by those higher and better things which make for strength.

Australians' Meat-eating and Tea-drinking.

What Eminent Physicians Think of the Effect of Our Dietetic Habits on Health.

THE following extract is taken from the writings of a well-known Australian surgeon, who, though not himself a vegetarian, has noted and been deeply impressed by the dietetic habits of Australians:—

"I have always been deeply solicitous about the extraordinary food habits at present in vogue in Australia. It is difficult to understand, or even suggest, how they have originated. The enormous amount of meat-eating and tea-drinking practised by Australians, can only be described as bewildering. We are told that the Australians eat annually as much meat as two Englishmen, three Canadians, four Germans, or ten Italians. Evidently the Australian fondly believes that in consequence of so much animal food he is twice as strong as the Englishman; three times as strong as the Canadian; four times as strong as the German; and ten times as strong as the Italian.

"Now I will ask sensible people whether such a state of affairs in this semi-tropical climate, is not to be viewed with apprehension. Surely no one would attempt to prove that Australians would be all the better for eating two or three times as much meat as they do at present. The absurdity of such an argument would be at once manifest. So that the extravagant amount of meat-eating in Australia is a matter demanding rectification.

"As far as tea-drinking is concerned, it is estimated that the Australians use more of this beverage than all the millions who inhabit continental Europe, that is, if Russia be excluded. The figures show that for each inhabitant New South Wales requires annually 8.3 lbs.; Victoria, 7.4 lbs.; South Australia, 7.7 lbs.; and Queensland 8.3 lbs.; and, moreover, that West Australia attains a maximum with 10.2 lbs. Now, according to Mulhall, in his Dictionary of Statistics, the amount of tea yearly consumed by each inhabitant in the United Kingdom is only 5 lbs., and in the United States of America the proportion is but 1.5 lbs.

"A moment's consideration of the foregoing must compel us to admit that Australia is inhabited by a people intensely carnivorous and addicted to tea. Surely not one person in a thousand would advocate such a diet under any circumstances whatever. Facts

such as these, call for the most serious attention, since they must irresistibly affect the national life; but though it may seem strange, these matters have never yet received the notice they stand in need of, if, indeed, they have ever received any notice at all."

Since the foregoing was written, nearly ten years have passed. During this time conditions have not bettered, but no longer can it be said that they have received little or no attention. To-day the most eminent medical men in all countries are crying out against the excessive use of meat, tea, and other stimulants.

Sir Lauder Brunton in a recent number of the *Practitioner*, reminds his readers that "just as bills will bring about hopeless bankruptcy if overdrawn, so the free use of tea and its congeners will bring about the most disastrous results. One reason for this is the power of tea to lessen disagreeable sensations, for it not only lessens fatigue, but it lessens hunger as well. Tea thus tends to prevent nutriment being taken, which would otherwise build up the organism, and restore the energy taken from it by the exertion. All teas, however good, have this action. In addition to it they have an injurious effect upon the stomach itself on account of the tannin which they contain. Tannin, when taken along with butcher's meat, hardens it and renders it less digestible, so that a meat-tea diet is often a provocation of dyspepsia." It also hinders the saliva in its digestive actions upon the starchy foods. "But it is not only upon the food that tannin exerts its injurious action. It affects the mucous membrane of the stomach itself, and lessens its digestive power. It is thus evident that tea may interfere with nutrition in three ways: First, by lessening the feeling of hunger; secondly, by rendering food less digestible; and thirdly, by interfering with the digestive power of the stomach. At the same time that it thus lessens the nutrition of the body, it enables the person to use up much more energy than he or she would be able to without its aid, and the consequences of this are most evident in regard to the nervous system.

"Although tea prevents the sensation of fatigue from being felt for a while, yet exhaustion is going on, both in mind and body,

and this usually at length causes disinclination for either mental or bodily exertion, and tends to destroy the power of doing any useful work, either mental or bodily, even when the attempt is made. Power of self-restraint is diminished, and the person becomes nervous, unduly sensitive, timid, and emotional. Not infrequently, ringing in the ears is felt, giddiness, headache, sometimes very severe neuralgia, and tremulousness. An officer in the army, who was suffering from severe neuralgia, and who, though moderate in alcohol, took too much tea and tobacco, once consulted the writer, who cut off his tobacco and alcohol, but allowed him to go on with his tea. "The neuralgia continued, and he consulted another medical man, who promptly cut off the tea as well, with the satisfactory result that the patient quickly recovered. Neuralgia is very apt to occur in nervous people who are able ordinarily to take a good deal out of themselves either by sheer force of will,

or under excitement, and are thus more liable to reduce themselves below normal than those of more lymphatic temperament. Neuralgia has been described as the prayer of the nerve for better blood, and more of it; and if this is true, as the writer believes it to be, one can easily see how tea, by enabling these people to take even more out of themselves than they otherwise could, will render their neuralgia more severe and more continuous. It is evident that a similar result is to be expected in regard to other nervous functions, and that the stability of the brain may be so seriously impaired that the combination of starvation and stimulation, produced by excessive tea-drinking, will certainly produce a tendency to mental derangement, even if it does not actually determine its onset."

These words, coming as they do from Dr. Brunton, should have much weight with those who have at heart their own health and that of the nation.

THE FIJIANS.

An Interesting Letter from Dr. Kress, Describing the Health Habits of This People. An Interview with a Chief.

ON Monday, March 25, after a week's peaceful sailing, we reached the islands of Fiji. We were notified by the captain that, owing to the plague having a fast hold in Sydney, the *Moana* would not be permitted to land, and that it would be necessary to anchor in the bay. The ship had no sooner stopped, it seemed to me, before the natives were on deck with bananas, oranges, mandarins, cocoanuts, etc., offering them for sale to the passengers for a trifling sum. In a short time we were agreeably surprised to meet Mr. S. Carr, a former student at the Avondale School for Christian Workers, who was sent here two years ago to open up a similar school for the purpose of educating the native young people who desired to fit themselves for usefulness. Many have availed themselves of this opportunity, and the school has been a success. Our short stay would not permit a visit to the school, but I was glad to have the privilege of forming the acquaintance of some of the students. Two of them, known by the familiar names of Benny and Jacob, fine looking boys, volunteered to come to the ship early the next morning, and row us to land near one of the native villages.

Promptly at 6 A. M. they were on hand.

The morning being cool and the sea calm, we were not long in nearing the shore at the desired point. But to our surprise, when about 200 yards from shore, the water was too shallow to permit the boat to go farther. Naturally we thought we should all have to get to the shore as best we could, but we were surprised when the native boys first carried the women ashore, one by one, and then came to carry me. I hardly knew whether to consent or not, but they looked so good-natured and willing, that I gracefully submitted. This was rather a strange, and I might perhaps say, humiliating experience. I am sorry I did not have my kodac with me so as to take a snap-shot of the women as they were carried out between two bushy heads, with their arms encircling the necks of these stalwart men.

After we were all safely on shore, Mr. Carr took us to the home of the chief, a fine looking specimen of the human race. We were introduced to the family, and invited to enter and take a seat, not upon chairs, but upon mats on the floor. The chief and his wife,

and the son (a fine fellow) and his wife, formed a circle, at the same time indicating where we should take our places. Everything was done so pleasantly and politely that for the time I actually forgot I was seated on the floor, the whole matter being so informal. We enjoyed a very pleasant visit. My little boy John seemed to appreciate the novelty more than the rest. Every nook and corner of the cabin was critically inspected by him. This afforded great amusement to the chief and his family.

After visiting the village and their neat little church building, and having had explained to us something of the habits of this people, we were ready to start for the *Moana*: for we were notified that she would sail at 10 A.M.

The chief broke off a piece of sugar cane and desired us to sample it. First, however, he peeled it by vigorously tearing off with his teeth the outer portion. I noticed the fine, white, even set of teeth: and upon inquiry was informed that although he was fifty-four years of age, his teeth were absolutely sound and perfect. This is not an exceptional case; the native Fijians all possess fine teeth, although they know little about tooth brushes or tooth pastes. The Fijians are a well-developed, straight, and muscular people, and withal they are good-natured and have pleasant faces and kindly eyes. A stranger may feel perfectly safe among them.

When the time for our departure came, the women were again carried by the natives to the small boats. It seemed to me like imposing too much upon good nature to permit them to carry me, so I rolled up my trousers and started for the boat. On the way back on the small boat we partook of our morning meal, which was composed of bread, taro, breadfruit, and bananas. The natives know nothing about our modern delicacies and the complicated mixtures which are found in

civilized lands. They take the simple foods from the lap of nature and prepare them; they need preparation in the most simple manner. They eat not more than one or two of these simple foods at a meal. One meal may consist chiefly or wholly of breadfruit, another of bananas, and so on. There can be no doubt their simple habits of eating have much to do with their fine physique, muscular strength, good nature, and well preserved teeth.

To show their appreciation of our visit, they supplied us with sufficient fruit (it seemed to look at it) to do us on a trip around the world. Two of the bunches of bananas disappeared during the night. We were not sorry, for we had an abundant supply left. The bananas on these islands are certainly very good, especially did we enjoy what is known as the Java banana. The breadfruit is a peculiar product. The fruit is about the size of a man's head and is quite heavy and very compact. When baked or boiled it is not unlike a well flavored potato, although it possesses a more agreeable flavor. We brought one of these with us and had it prepared by the cook. We had it at every meal for a couple of days. At each meal it appeared to improve in taste. Nature has certainly bountifully provided for her children.

The bodily needs of civilized man are no greater than that of the native Fijian, but what a contrast we behold as we again take our seat at the ship's table with

the following menu before us from which we are expected to select suitable body and brain building material: Smoked blue cod, savory mutton hot pot, fricassee of rabbit, devilled kidney, sheeps' brain, boiled potatoes, roast beef, mutton ham, roast leg of lamb and mint sauce, corned beef, cucumber and onions, currant buns, tea, toast, preserves, and apples. We felt at home among the simple natives, but here, sur-



Pauliasi, a Converted Fijian, Who Was once a Cannibal.

rounded with civilized men and women, we feel somehow as though we were out of our element. Even here our needs are supplied, and we do not find it necessary to feast upon the remains of these carcasses of animals that have been dead for many days, or perhaps weeks, nor do we find it necessary to partake of the broth of abominable things, or to indulge in the various mysteries before us. We do not appreciate how far civilized man has departed from the simple habits of primitive man.

The world is in need of reforms in eating and drinking, and of well-informed men and women, who like Daniel and his companions

will purpose in their hearts they will not defile themselves with the food or wine of Babylon. These will be blessed with physical, intellectual, and spiritual health just as truly as was Daniel, and will exert a saving influence among the nations. It is a pity to send out missionaries to introduce the habits of civilization, and pervert the natural habits of these innocent children of nature. Let missionaries be sent to these people who understand the need of having them maintain their simple habits in order to elevate them morally, and more will be accomplished by the gospel than has hitherto been thought possible.

HEADACHE.

ITS RADICAL REMOVAL.

By J. S. Reekie, M.D., C.M.

HEADACHE is one of the most common symptoms presenting itself to the medical practitioner. There are few symptoms whose control affords more relief to the suffering patient.

Frequently that relief is obtained not by medicine, not by the practice of any treatment, but by the removal of the cause, which is in many instances easy of removal.

A vast number of cases of headache are due to eyestrain and should have spectacles fitted to the eyes by a competent man.

Inflammation of the lining membrane of the nose and cavities of the bones of the face is another frequent cause. It has been observed that children, especially, are likely to have an almost continuous headache from slight obstruction of the eustachian tube. Complete relief almost immediately follows the removal of the obstruction, a matter of easy accomplishment by the physician. Headache is occasionally caused by acute inflammation of the middle ear.

When headache is not due to any of the above causes, or is not fully relieved by correction of those that exist, it is necessary to look farther for the cause.

Chronic headache may be of the type that recurs at more or less frequent intervals. Both of these types are met with in disorders of the digestive and other organs of the body, or to an impoverished state of the blood.

Some diseases are shadows of others. Headache is a shadow, and frequently in removing the eyestrain or ear trouble, or stomach trouble, or womb trouble,—which, as the case may be is the substance,—immediately the shadow flees away, as promptly as the removal of any object that casts a shadow in the sunlight.

Each separate condition needs, first of all, proper recognition; secondly, the removal of its cause; and thirdly, the application of such means as will prevent a return of the cause or bring about a natural condition of health.

Headache is no exception to the universal law, that pain is nature's cry for help; and to all who feel this cry of nature, I say, Look into your habits of life, and failing then to yourself detect the trouble, place yourself in the hands of a reliable physician. Often relief is sought in the wrong direction, and trouble added to trouble.

Children are often misunderstood when they complain of pain. They do not know how to explain their pains and aches, and sometimes give names to them that they have heard older people use. Observation will clear up a child's symptoms. They naturally abstain from doing those things that give them pain. Do not scold or punish a child for lack of interest in things that interest other children, but endeavour to detect the cause.

Headaches in children makes school—play—work—and even life itself, a constant source of irritation. This irritation is increased by unjust treatment by parent or school teacher who, instead of removing a cause, adds punishment.

It not seldom happens that the cause is a congenital defect which, of course, cannot always be removed but may be greatly relieved, and even entirely cured, by such means as an intelligent physician can apply.

The physician's place is to detect these causes of trouble and remove them or palliate them. Do not demand, as the majority of people do, that he shall apply some medicine, but measure the value of his services by the pains and efforts put forth to arrive at a correct estimate of the real trouble, and remember that it is nature that cures—the nature in you. There lies dormant in most of us curative powers sufficient to remedy our ills. We need only the right directions and perseverance in following them to obtain permanent relief from such common ailments as headaches.

ONE generation of scientific dietetics would produce an influence upon humanity second only to a new creation of the race.
—*Sir William Roberts.*

THE CROAKER.

Once by the edge of a pleasant pool,
Under the bank, where 'twas dark and cool,
Where bushes over the water hung,
And grasses nodded and rushes swung,
Just where the brook flowed out of the bog,
There lived a gouty and mean old frog,
Who'd sit all day in the mud, and soak,
And do just nothing but croak and croak.

Till a blackbird whistled: "I say, you know,
What is the trouble down there below?
Are you in sorrow, or pain, or what?"
The frog said: "Mine is a gruesome lot!
Nothing but mud, and dirt, and slime
For me to look at the livelong time;
'Tis a dismal world!" so he sadly spoke,
And voiced his woes in a mournful croak.

"But you're looking down!" the blackbird said;
"Look at the blossoms overhead;
Look at the lovely summer skies;
Look at the bees and the butterflies—
Look up, old fellow! Why, bless your soul,
You're looking down in a muskrat's hole!"
But still, with his gurgling sob and choke,
The frog continued to croak and croak.

And a wise old turtle, who boarded near,
Said to the blackbird: "Friend, see here:
Don't shed your tears over him, for he
Is wretched just 'cause he likes to be!
He's one of the kind who won't be glad;
It makes him happy to think he's sad.
I'll tell you something—and it's no joke—
Don't waste your pity on those who croak."

—*Joe Lincoln.*

OUTDOOR WORK FOR WOMEN.

By *Eufasia Sisley Richards, M.D.*

PROBABLY no disorder more frequently claims the doctors' attention to-day than neurasthenia. This is a condition of the nervous system which is characteristic of the strenuous age in which we are living. There are hundreds of women of the upper and middle classes who are to-day crying out because their lives are being spoiled by headaches, depression, and insomnia. A few generations ago these disorders were comparatively rare, and yet who can say that our grandmothers' lives were less taxing than ours?

It is not the hard work we do that weakens us, but the nervous, anxious, almost frantic way in which we do it. Our bodily and mental machinery is working at full speed, and we are wearing out. What we need to do is to slow down the engine, and lessen the nerve tension under which we are working.

There is no better way of doing this than to go out into the fresh air and sunshine, and engage in some pleasant employment. Just give it a trial the next time you feel nervous and irritable after being long indoors. Quit the house, go into the garden, and let your worries work out through a spade or hoe handle. It will work like magic. Depression of spirits cannot long survive in the sunshine, nor can nervousness thrive in the fresh air.

If you wish to get the most good from your outing, put on a loose, comfortable frock, the skirt of which is short enough to clear the ground by several inches. Remember it matters not so much what you do as how you do it. First of all, when you go out, endeavour to get your body into perfect position. Stand erect with your weight upon the balls of the feet; hold the chin in, the chest well up, and the hips back. Take several full,



deep breaths to rid the lungs of accumulated poison, then go about your work remembering to breathe deeply, and keep your body in a correct position, no matter what you are doing. In this way you will be getting real physical culture from your work, and the outdoor gymnasium is certainly far better than many indoor gymnasiums which are overheated and poorly ventilated.

Whatever work you choose, whether it be sowing seeds, setting plants, pulling weeds, or mowing lawns, do not keep at it long enough to become fatigued. If the muscles become stiff from stooping, occasionally straighten up for a few moments and look at the blue sky. Above all things do not worry about the work which may be awaiting you indoors. You are out for rest, so compose your nerves, and be as free from care as the birds that sing about you.

The benefits to be derived from such outdoor work are many. The lungs are filled with fresh air, the blood stream is cleansed and quickened in its course so that all of the body tissues are supplied with pure blood, the body wastes are eliminated, the tone of muscle and nerve is restored, the digestion is improved, and all of the body functions are healthily stimulated.

Fooling the People.

It was a favorite saying of "honest Abe" that "You can fool all the people some of the time, and some of the people all the time, but you can't fool all the people all the time." It is to be hoped not, anyway, yet the facts before us go to prove that a great many people are being fooled into buying and using tons upon tons of patent medicines. A writer in the *British Medical Journal* says, "There is no doubt that thousands of people are influenced by the quack advertisements. More than one person has said to me, 'They must be true, or the papers would not dare to print them.' There is still a good deal of faith in the abstract virtue of mankind, and even in that of governments and newspaper proprietors. Great is the power of printers' ink and the money that pays for advertisements. I notice that the advertisement for 'Bile Beans' is still accepted by many papers, though it was denounced by a judge of the High Court as an impudent fraud on the public. Two and one-half millions were spent in Great Britain alone last year for patent medicines. I cannot guess the amount netted by the great army of quacks, but, judging from the amount they spend in advertising, it must have been a very large one."

"If clothing were cheap enough and easily obtainable, we would never think of wearing the same garment twice. Already this idea is practical to a large extent." Paper garments are coming into vogue. A combination of paper and wool, cream colored, is used for making outing suits, and other articles of dress. The new material may be washed repeatedly without injury. Material sufficient to make a plain suit costs two or three dollars.

Two GOOD HEALTH Babies.

Fair Samples of Health Food Products. A Pleasing Demonstration of the Value of GOOD HEALTH Principles Applied.

THESE healthy, happy little folks are here to represent two hundred less fortunate babies of the thousand who came into the world with them. The two hundred other babies died. Strict accuracy compels one to admit that three-fourths of them were killed by improper feeding through ignorance of the simple requirements of baby bodies. That this great loss of infant life is unnecessary and ought to be prevented, is demonstrated by the results obtained in cities where a pure milk supply is provided, and sanitary conditions improved by effective legislation. But the greatest good will no doubt come to the greatest number through the education of the individual mother concerning the intelligent care of the individual babe.

The children whose pleasing portraits are presented, did not just "happen to be healthy." They are the product of GOOD HEALTH principles applied. Through conscientious care, and thoughtful attention to the laws of child life and growth, the rearing of healthy children becomes a matter of the same certainty as the growing of beautiful flowers and sound fruits. In either case, complete conformity to nature's requirements is essential.

The first is the photograph of Willie Burley, aged fifteen months at that time. Weaned at eleven months, he demonstrates the fact that breast fed is best fed. Since weaning, Willie's food consists of three meals a day of granose biscuits and milk. He



Willie Burley, Aged 15 Months.

is now eighteen months old, and still makes this his staple food, occasionally taking a meal of granola milk porridge instead.

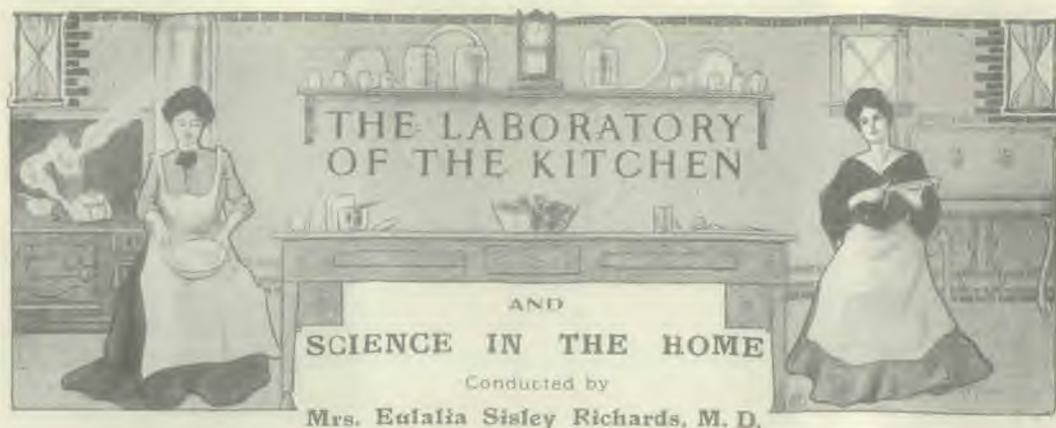
Little Millicent is a Tasmanian product, aged eight months. She has been fed on granose since the age of six weeks, and is strong, healthy, and happy, and is an intelligent-looking child.

The editor is not an enthusiastic advocate of artificial feeding, but where for any reason it seemed best to substitute some other food for the mother's milk, he has seen the most favorable results in the greatest number of cases from the use of pure, sterilized cow's milk, diluted with granose gruel. A little cream may be added, and the proportions varied, to suit the age of the infant. In the case of very young infants—from a few weeks to a few months old—the granose gruel should be made thin enough to strain through muslin. A little salt may be added and a little honey occasionally, if the baby has a sweet tooth.



Millicent Weeding, Aged 8 Months.

ACCORDING to police order issued in Paris, garments must be carried to the laundries in hermetically sealed bags, and must be disinfected as soon as they arrive.



A GOOD BREAKFAST.

If "well begun is half done," it is a matter of considerable importance how each day is begun, and there is really no better beginning for the day than to partake of a good breakfast.

In many homes there come days when everything seems to go wrong, days when the father is impatient, the mother nervous and irritable, and the children peevish. More often than is commonly realised, this unpleasant state of family affairs is due, not to general perversity of the family disposition, but rather to unsuitability of the dietary.

A breakfast consisting of mutton chops and fried potatoes, or fried bacon and eggs, with either strong tea or coffee, tends to indigestion, and indigestion tends toward irritability and other disturbances of the nervous system. The best breakfast is one which provides strength for the day's duties, yet does not make too great demands upon the digestive powers. Cereals, fruits, and nuts, with or without cream, constitute a breakfast which is at once palatable, nutritious, and easily digested.

The following is suggested as a suitable breakfast for this season of the year:—

Pearled Barley.	Cream.
Stewed Raisins.	Bananas.
Blanched Almonds.	
Wheatmeal Rolls.	

PEARLED BARLEY.—Carefully look over and wash one cupful of pearled barley; then cook for four hours in a double boiler, using five cups of boiling water (slightly salted) to the cup of barley. If prepared in this way the barley becomes almost jellied, and is easily digested if well masticated and eaten with wheatmeal rolls or some other form of dry bread. The indigestion experienced by many people after partaking of porridge, is due to the fact that the

cereals are not cooked a sufficient length of time. Barley, maize-meal, oatmeal, and wheat preparations all require several hours cooking in order to be easily digested. It is only such previously cooked breakfast foods as gluten meal and granola that require only a few minutes' boiling before serving.

STEWED RAISINS.—The raisins, which should be either stoned or of the seedless variety, should be thoroughly washed and then stewed until the skins are very soft and tender. Sufficient water should be used so that when the cooking is completed there will be a fair quantity of juice covering the fruit.

BLANCHED ALMONDS.—To prepare the almonds, remove from the shells, and drop into boiling water for a few minutes. The brown skins will soon loosen and can be easily slipped off from the nuts. The almonds are improved, if, after blanching, they are put into a hot oven for a few moments.

WHEATMEAL ROLLS.—These rolls, if properly made, are crisp and palatable, having a rich, nutty flavor. Being made with olive oil, they can, so far as food elements are concerned, take the place of bread and butter, and those who have difficulty in digesting soft breads will find it a great advantage to substitute in their place this or some other form of unfermented bread.

To make the rolls, take $1\frac{1}{2}$ cups of cold water, $\frac{1}{2}$ of a cup of pure olive oil, 6 cups of sifted wheatmeal flour, and salt to taste. Beat the olive oil and water together vigorously, until the oil is emulsified, or perfectly mixed with the water; then add it to the flour little by little, mixing with a fork or spoon. The result should be a stiff dough which can be kneaded without sticking to the paste board.

The dough should be thoroughly kneaded for ten minutes or longer, then cut, and rolled out with the hands into long rolls about one inch thick. Cut these into uniform lengths (three or four inches), and bake in a moderate oven until crisp and dry throughout and nicely browned.

CATERING FOR THE BABY.

CATERING for the baby is a question of vital importance, indiscretion in diet being the rock on which many a tiny barque has made shipwreck. Perhaps the first question to be decided is,—

WHEN SHALL MEALS BE SERVED?

There are two classes of mothers who, unknowingly, yet surely, bring upon their little ones indigestion with all its woes.

The first mother is anxious about her child because he is small, weak, and ill-nourished. She believes that the more food she gives the baby, the stronger he will grow, hence she gives him liberal quantities of nourishment at frequent intervals. Her mistake lies here: she does not realise that her child obtains strength, not from the quantity of food taken, but from the amount of food actually digested, or assimilated. If baby is fed too frequently, or is given too large a quantity at one time, the little stomach must either reject the food, or pass it on through the bowels in an undigested state. Let it be remembered that the infant's stomach at birth will hold, without distention, only about one ounce, or two tablespoonfuls.

The second mother has but one idea so far as her baby's needs are concerned. She forgets that the little one may cry because of colic, cold feet, a pricking pin, or even from weariness. To her the baby's cry suggests only one possible cause—*hunger*. The result is that baby's stomach is kept in a constant state of unrest. While the ingestion of warm milk will temporarily relieve the pain due to colic, the indigestion which is the real cause of the pain, will, in the end, be aggravated by too frequent feeding. It is of the utmost importance that the mother establish and adhere to regular feeding hours for the baby.

REGULAR FEEDING NECESSARY.

During the first six weeks of life, the little one should be fed regularly every two and a half or three hours, preferably the latter. From the sixth week on until the time of weaning, the intervals may be lengthened a little. After the first month or two the baby can quite easily be trained to go without feeding from ten o'clock at night until early the next morning. In addition to these regular feedings, the baby should be offered water several times daily, for even a nursing infant is subject to thirst, and can better be satisfied with plain water than with milk.

THE MENU.

Every true mother will deem it a sacred duty to give her little one, if possible, its natural food. Mere social obligations should have no weight as compared with the health and future prospects of her child. It sometimes happens, however, that the mother herself is suffering from some wasting disease, or circumstances are such as to render it impossible for her to nurse her infant. In such a case, other food must be provided. In the majority of cases modified cow's milk affords the best substitute.

PRECAUTIONS REGARDING THE MILK.

Following are a few suggestions:—

Be sure that the milk used is obtained from healthy cows, and that it is properly handled by reliable dairymen. In the home modification of the milk, use extreme care to have every utensil absolutely clean. This is necessary because milk serves as such an excellent medium for the growth of such germs as produce diphtheria, scarlet and typhoid fevers, tuberculosis, and cholera-infantum. Should any of these disease germs



"There's Everything in Knowing How."

gain entrance to the milk, they could multiply and flourish therein, without in any appreciable way giving notice of their presence.

The following formula would be suited to an infant during the first few weeks of life:—

APPROVED FORMULA FOR THE YOUNG INFANT.

The milk should have stood at least four hours after milking. Take three ounces (or six tablespoonfuls) of milk from the upper third of a quart of milk. To this add sixteen ounces of sugar solution (about one pint) and two tablespoonfuls of lime water. (To make sugar solution dissolve two tablespoonfuls of milk sugar in one pint of hot water.) Place this mixture in a large bottle, and cork with absorbant cotton to keep out dust and germs. Stand the bottle in a large saucepan of cold water and bring gradually to the boiling point. A small cloth must be folded and placed under the bottle in the saucepan, else the bottle would be broken as the water became heated. As soon as the water in the saucepan boils, set the vessel aside for one half-hour. Then cool the bottle rapidly and leave in a cool place. This bottle contains sufficient for eight or ten feedings, or for twenty-four hours. At feeding time put two ounces (or more if required) into a perfectly clean nursing bottle, and warm sufficiently by standing the bottle in hot water. Milk which has been sterilized in this way is not so constipating as that which has been actually boiled. The milk sugar can be obtained from wholesale chemists, and is much better for infants than cane sugar.

FOR A CHILD THREE MONTHS OLD.

Skim off six ounces from the top of a quart of milk. Add six ounces of milk after all cream has been removed, twenty-four ounces of water (part barley water may be used), and one ounce of milk sugar. This is sufficient for eight feedings of three and a half to four ounces each. It should be sterilized in the same way as the other.

It is not intended that these formulæ should be followed as hard and fast rules. They must be altered from time to time with the development of the child. It may be stated as a general rule: As the baby grows, increase the quantity of food given at each feeding, and increase the percentage of milk. The sugar and lime water remain about the same for each feeding.

With reference to patent infant foods, the majority of them contain a certain percentage of starch, which cannot be digested by a

young infant. Some of them are also quite deficient in the food elements necessary for the development of the child. Cow's milk, if properly modified, more closely resembles the baby's natural food than any other preparation.

The disorders of digestion will be considered in a future article.

The Delusive "Comforter."

ONE of the illusions of extreme youth, the indiarubber "comforter," was strongly denounced in a recent lecture in London by Sir William Broadbent. This apparently harmless contrivance is regarded as invaluable by many mothers whose babies are afflicted with growing teeth or some other infantile grievance, but the doctor stated that he believed it to be the cause of a great deal of the disease found amongst children. This was particularly the case in the lower classes, where the "comforter" was not kept in a clean condition, or where children were allowed to crawl round the floor with it before placing it in their mouths. Dr. Broadbent said that he regarded the indiarubber teat as a "fraud on the unhappy child," and a "waster of the digestive secretions," and he even went so far as to characterize it as an "invention of the devil."

There can be no doubt that the constant and futile sucking at the indiarubber teat causes debility of the salivary glands, and congestion of the mucous membrane of the nose and throat, and consequent liability to disease. It is responsible for the prevalence of the posterior nasal growths and other throat and nasal affections so common in countries where the "comforter" is a part of the child's heritage.

Too Sick to See the Doctor.

THE country doctor had driven nine long miles in the middle of the night, over rough, dark roads to answer an emergency call.

When he entered the house a voice called from above, "Is that you, doctor?"

"It is."

"Well, this man is too sick to see you to-night; you'll have to come again."

NEWS & NOTES.

THE statement is made by the *Medical Times* that there are in Great Britain some forty thousand makers and venders of patent medicines.

THE birth-rate of Paris is steadily decreasing. Fewer children were born this year than last, in every district of the city but two.

SYDNEY is to have a college of domestic science. The site has been chosen and an appropriation of £5000 made by the State to aid in the establishment of such a college.

MILK has proved successful as a hemostatic in internal bleeding. It is injected in considerable quantity into the bowel, with, perhaps, the addition of salt.

DR. ANDERSON, director of the Yale gymnasium, has collected statistics showing that athletic training, contrary to the usual supposition, actually tends to lengthen life.

THE local government board recently reported that in England, adulteration of food is very prevalent. Dealers, as a rule, keep some of the genuine article to sell to strangers, in order to avoid detection, and sell the spurious article to customers whom they know.

THE legislative committee engaged in preparing new patent laws for Switzerland has decided that patent medicines shall not be included in the new enumeration, and will consequently be unpatentable. This has raised a storm of protest amongst the chemists and patent medicine men of Switzerland and Germany.

PROFESSOR CHITTENDEN, in a recent paper published in the *British Medical Journal*, after giving the results of experimental work involving a number of men and covering a period of five months, expresses the opinion that there are more people suffering to-day from overeating than from the effects of alcoholic drink.

THE Russian Government has been making an effort to stamp out leprosy in the Baltic Provinces. Sanitariums have been established, and physicians sent out to gather into these institutions the afflicted, in order that they might be cured; but great difficulty is experienced, as the natives refuse to enter the sanitariums, or to submit to examination.

In the Strasburg polyclinic for children, yeast has been found to be an excellent remedy for various gastrointestinal disorders of children. Especially was it found to be valuable in cases of enteritis accompanied with much putrefaction. In some cases the yeast treatment succeeded after failure of calomel, bismuth, and flushing of the intestine,

THE Japanese have discovered a method of making vegetable milk from the soy bean. This fluid is milk-like in taste and appearance, and is produced at much less than the cost of the dairy product. It has the advantage of being free from the deadly tubercle bacillus, and is altogether a clearer product than cows' milk.

DR. WILEY, chemist of the United States Agricultural Department, is authority for the statement that the ice-cream sold to school children in Washington contains as high as thirteen million bacteria to the cubic centimeter, and that the gelatin that is used in the manufacture of this ice-cream is made from decayed hides "that smell to heaven."

It is said that as a result of the San Francisco earthquake, "the neurasthenics, the pseudo-paralytics, the hypochondriacs,—all were cured in an astonishingly short space of time. These people suddenly became well and strong, and active once more, taking an interest in life, in their surroundings, and in their friends." Such a shock, or surprise, or shaking as would cause symptoms to be forgotten, might reasonably be expected to bring about a sudden cure in many nervous and mental disorders.

PSORIASIS, one of the most common of skin diseases, is caused by an excess of proteid in the diet—too much meat, eggs, nuts, or legumes, for example. It is an obstinate disease, characterized by thickened skin, from which white scales are shed in profusion. According to a New York physician, "the avoidance of meat, or an absolute vegetarian diet, is the most valuable aid in treatment, and will sometimes be attended with freedom from the eruption." The cure may be completed by daily exposure of the diseased skin to the action of sunlight and air.

ONE of Chicago's best known physicians recently wrote: "Tea and coffee are just as harmful to the growing boy and girl as tobacco." Yet how often children, almost before they are out of the cradle, when they ought to be fed only on the most wholesome food and drink, are introduced to the mild, stimulating effect of these beverages. Is it any wonder that they should a little later demand the temporary unearned good feeling afforded by the cigarette, and a little later naturally graduate to the intoxicating cup?—David Paulson, M. D.

THERE has been organized in New York a band of public-spirited men and women, under the name, Public Health Defense League. It is proposed to establish a national body with branches in every state. The objects of the league are (a) to obtain and disseminate accurate information concerning practices and conditions dangerous to public health and morality; (b) to work for state and national laws for the protection and preservation of the public health and morals. Some of the things that will be opposed by this organization are quackery, criminal medical practice, adulteration, substitution, sale of narcotics, alcohol, etc., and advertisements of business injurious to public health and morals.

PROFESSOR OSLER is reported to have voiced, in a recent lecture, the following statements: "Many people get on without meat if they have porridge, which is as good as meat." "Alcohol is quite unnecessary. If all the liquor were poured into the sea for a year, the people would be infinitely better, and it would save almost all the problems which philanthropists, physicians, and politicians have to deal with." "If the tobacco were all thrown into the sea, it would be good for the people, and hard for the fish." "Tea and coffee are not necessary, and, in fact, disturb the furnaces of the body: their use is a matter of habit." "Proper diet, no spirits, very little beer, tea, or coffee [why any?], plenty of fresh air and hard work,—these are what are needed in life."

PRESIDENT ELLIOTT, at the dedication of the Harvard Medical School, said that in the past, physicians had been chiefly concerned in the treatment of diseases and injuries, but that in the future, more than in the past, the work of the physician would be preventive, rather than curative. Commenting on this, *The Journal of the American Medical Association* said, "This brings us to a point in the address on which we wish to place particular emphasis; namely, the new function of the medical profession, of teaching the people in general directly how diseases are caused, and how prevented. In this work a beginning has been made, as witnesses the campaign against tuberculosis in particular. This function must be extended; and President Elliott calls on the medical schools to provide popular expositions concerning water supplies, foods, drinks, drugs, the parasitic cause of disease, and modes of communication of all communicable diseases." We are advancing. Not many years ago a physician who attempted to teach the public was considered a quack.

THE milk of goats has of late been the subject of much investigation, and the highest medical authorities are unanimous in declaring it to be the most wholesome and desirable milk obtained from animals for human consumption. To begin with, the goat is extremely unsusceptible to, and indeed practically immune to, tuberculosis. It contracts this dread disease only in conditions which can hardly come about in the ordinary course of things. Next, goat's milk is more nearly allied to human milk than any other, not only in its composition, but also in its peculiar fermentative properties—an important point. It has been established beyond refutation that infants deprived of their mother's milk thrive upon goat's milk much better than on that of any other animal.

BACTERIOLOGICAL examinations of different classes of mouths have been made, showing that the well-kept mouth contains thousands of bacteria, that the ordinary mouth contains a much larger number, and among these, disease germs are occasionally found. In filthy mouths, there are millions of germs, and a much larger proportion of disease germs. The pneumonia germ was found in ten out of thirty such mouths examined. The products of these myriads of germs are the probable cause of the foul-smelling condition of

such mouths. Tobacco chewers' mouths contained more germs than even the ordinary filthy mouth, which is certain proof that tobacco has no germicidal action in the mouth.

The Mission of Consumption.

"TUBERCULOSIS is our great teacher in bringing about improved sanitary surroundings and hygienic conditions which will gradually advance the race physically, mentally, and morally," said Dr. Probst, at the Toronto meeting of the British Medical Association. "If tuberculosis has a purpose," he continued, "it is to teach the people the penalty for breaking hygienic laws. I have sometimes thought that it would not be best in the long run for the human race if some serum or antitoxin were found which would prevent tuberculosis. As one of the essayists said: 'The prevalence of tuberculosis varies directly as the density of the population, density being accountable for bad hygienic conditions productive of this disease.' Brehmer said he started out to cure tuberculosis with the theory that the conditions that prevent the development of tuberculosis were the ones most likely to cure it; namely, fresh air, proper food, and a right relationship between labour and rest. We should teach people the importance of these measures in the prevention of this disease. I have tried to interest my friends, especially the architects, in so building their houses that the entire family may sleep out of doors as much as possible, which may easily be done for a few hundred dollars. Instead of trusting to the discovery of some antitoxin to prevent tuberculosis let us teach the people prevention by right hygienic conditions, which will at the same time protect them from many other diseases."

Proved an Alibi.

"WE hear some strange things in this office sometimes," said the superintendent of sewers.

One of our inspectors went one day to inspect an old house in the country. There was a good deal of smell about the old place.

The inspector walked about sniffing.

"Dear me," he said, "what an offensive odor. Can it be the drains?"

The owner of the house shook his head positively.

"It can't be the drains," he said, "because there ain't none."

CHATS WITH THE DOCTOR.

Inflamed Skin.—"Anxious mother" asks what to do for a little boy with skin eruption between legs. It has been called eczema. Various ointments, including resinol, sulphur, zambuk, etc., have been faithfully used, and the diet carefully regulated.

Ans.—Use no soap or water on the inflamed surfaces for a few weeks, but cleanse only with boiled olive oil, and "pat" gently with a soft cloth to dry. Then expose to direct sunlight for a few minutes, gradually increasing the time as the skin gets hardened, until a half hour's exposure may be made without sunburn following. The skin should be *tanned* but not *burned*. The sun-bath should be used several times daily. The parts should be protected from friction by soft, porous drawers, frequently changed. Have the urine tested.

Nasal Catarrh and Deafness.—W. W. asks for a cure for nasal catarrh, and treatment for the obstruction of the nostrils, and deafness. He has tried medicators and ear-drums without relief.

Ans.—I judge from correspondent's letter that the deafness is of too long standing to be curable. It may be the hearing will improve as the lining of the nose and throat and the eustasian tubes, becomes more healthy under treatment. The following treatment is advised for catarrh: A fruit and cereal diet, outdoor exercise, and baths, especially cool baths followed by rubbing of the skin with olive oil. The bowels should be kept in a normal condition, and especial attention should be given to the deep breathing of pure air through the nostrils. A good practice consists in alternately holding one nostril, while sufficient air is drawn through the other. This practice dilates the nostrils. The nose and throat should be sprayed freely twice a day with cool normal salt solution, prepared by adding a teaspoonful of common salt to a pint of water at a temperature of seventy degrees Fahrenheit. After the nostrils have been thoroughly cleansed, a spray, consisting of olive oil to which a few drops of oil of cinnamon have been added, should be used. Avoid chilling and exposure to damp.

Cheese, Sugar, Onions, and Laxatives.—O. S. wishes to know: 1. Is cheese and sugar a good combination? 2. (a) What may be taken instead of laxatives? (b) what is the effect of using laxatives daily? 3. Are raw onions of any dietetic value?

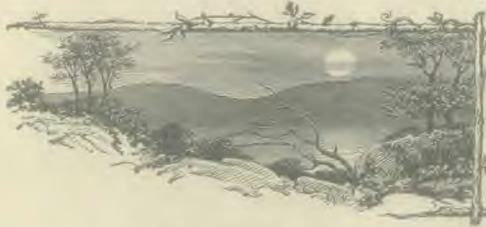
Ans.—1. Cheese and sugar are both unwholesome, and when taken together would be doubly so. 2. (a) Instead of laxatives, take deep-breathing exercises, and exercises to strengthen the abdominal muscles. A half-pint of cool water by enema should be used each morning. Free water-drinking, and laxative fruits, such as prunes, figs, bananas, and persimmons, will be found beneficial; (b) the effect of using laxatives daily, is to render the constipation more obstinate. No doubt you will be helped by reading the GOOD HEALTH booklet on constipation. 3. So far as food value is concerned, that of the onion is practically nil. The most powerful thing about the onion is its scent, but this is probably of no dietetic value. It is said by some to be of medicinal value.

A very little onion used as flavoring, and thoroughly cooked to drive off the volatile oil, cannot be considered particularly injurious or objectionable.

Porridge, Milk, Fish, Sugar, Jams.—**Are They Wholesome?**—"Vegetarian" asks the following questions: 1. Are ordinary porridge, oatmeal, and so forth, wholesome when *well-cooked*? 2. Is pure, fresh milk wholesome? 3. Is fish disallowed in the health diet? 4. Is it allowable to take milk and sugar with caramel cereal coffee? 5. Are good, home-made jams wholesome? 6. What is the proper diet for a girl of sixteen, who is troubled with pimples, especially on the face? 7. Are not three meals a day too few for a child of two years? I have been giving him a drink of new milk, or sometimes a little fruit half-way between breakfast at 7 A. M. and dinner at 12 noon; and again between dinner, and tea at 5.30 P. M.; is there any objection to this? 8. Could the eating of nuts or fruits produce irritation and itching of the skin, especially in the armpits?

Ans.—1. The only objection to porridge which is well-cooked, is the softness of such foods. They are often not well masticated when taken alone, with milk and sugar added, as they are usually taken. Some dry foods should be used with the porridge, in order to insure thorough mastication. Twice-baked breads or hard biscuits are best combined with soft foods. 2. No; pure, fresh milk is a wholesome food, especially adapted to the young, and perhaps to the aged. The difficulty is to procure such milk, especially in a city. Boiling the milk renders it less digestible; but if there is any question as to the purity of the milk, it had better be boiled before using. 3. There is no place in the health diet for flesh, fish, or fowl. Fish would not improve the health diet. If an ample supply of nitrogenous foods could not be obtained from the vegetable kingdom, in the form of nuts and legumes, then, perhaps, it would be necessary to partake of fish. Fish are frequently diseased. They feed in sewage-polluted waters, and may convey such diseases as typhoid fever and tape-worm from these waters to the dinner-table. They also contain uric acid in considerable quantities, so that their use favors the production of such diseases as rheumatism and nervous disorders. 4. Caramel cereal coffee is most palatable with cream; if sweetening if desired, honey is better than sugar. 5. Good, home-made jams may be used in moderate quantities by those who have good digestions. 6. The skin eruption will be improved by the use of a diet into which fruits enter freely. Sufficient outdoor exercise should be taken. Warm, cleansing baths taken two or three times a week, and a daily cold bath followed by vigorous rubbing of the skin, should prove beneficial. The following lotion may be used with equal parts of hot water, the quantity of hot water used being gradually increased: Corrosive sublimate, seven grains; sulphuric ether, three fluid drams; alcohol, nine fluid drams; rose-water, sufficient to make three fluid ounces. After applying this lotion, the face should be massaged. 7. If nourishing food is given, three meals a day are sufficient for a child two years of age. The editor is personally acquainted with many children of from one to two years old, who are fed but three

times a day. They are strong and in better health than the average child of the same age more frequently fed. It is a good practice to give the juice of an orange or two a little before the mid-day meal. Milk ought not to be given between meals, as it is a food that requires some hours for its digestion. 8. The free use of nuts, and in some cases the acids of certain fruits, such as the strawberry, occasionally cause irritation of the skin and an eruption similar to heat rash.



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July GOOD HEALTH.

SO MANY timely topics were received for the June GOOD HEALTH from our contributors that several of the announced articles have been crowded out. These will appear in the July number. "The Secret of a Long Life," an interesting account of a wonderful old man who is hale and hearty at the advanced age of 111, is to be a feature of the July GOOD HEALTH. Dr. D. H. Kress contributes a helpful ten-minute talk on "The Influence of Mind on Indigestion." Surely nothing is of greater importance to any person than the influence of their thoughts on themselves, especially on their health and fitness for work.

"Balancing Body and Brain," or exercises for professional and business men, an illustrated article by the editor, should prove helpful and suggestive to that great army of busy workers who feel their need of muscular exercise, but do not see how they can get it for lack of time.

"Science in the Home" will not be forgotten, Dr. Eulalia Richards contributing freely, as usual, to this department. "Dinner Dishes," and "The Clothing of the Body," are the subjects chosen for the July number. The nursery will also receive due attention.

In "Chats with the Doctor," Sciatica and The Prevailing Malady will be discussed. Questions and Answers will be given more than usual space, while "Health News and Notes" is to be given first-page prominence.

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All Communications to the Editor and Questions for the correspondence columns of the journal should be addressed to Franklin Richards, M. D., Sanitarium, Wahroonga, N. S. W.

All business communications, remittances, etc., should be sent to the office of publication, Cooranbong, N. S. W. E. C. CHAPMAN, Manager.

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