

Balancing Body and Brain.

COORANBONG, N. S. W., JULY 1, 1907. VOL. 10, No. 7.



THE AUSTRALASIAN

GOOD HEALTH

Franklin Richards, M. D.
EDITOR.

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July, 1907.

The following incomplete list of the important subjects presented in this issue will be convenient for reference—

HEALTH NEWS AND NOTES :

Lunacy in the British Isles
Can Quinine Cure Malaria?
A Better Method of Treatment
A Modern Cancer Cure
The Blue Light Treatment

EDITORIAL AND GENERAL :

Tea-minute Talk on Health
Dangers of an Unclean Mouth
Balancing Body and Brain
The Secret of a Long Life
Influence of Mind on Digestion

THE LABORATORY OF THE KITCHEN AND SCIENCE IN THE HOME :

Dinner Dishes
Clothing of the Baby
Household Hints

CHATS WITH THE DOCTOR :

Cold Hands and Feet ; Redness of the Nose with Watery Discharge ; Belching of Gas, with Feeling of Depression and Lassitude
Nasal and Bronchial Catarrh
Giddiness
Honey as a Health Food
Fermented Fruits

GOOD HEALTH

A Teacher of Hygiene

Vol. 10.

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

No. 7.

HEALTH NEWS AND NOTES.

PATENT MEDICINES AND ALCOHOL.

It ought to be generally known that most patent medicines contain a large percentage of alcohol, which for all practical purposes, makes them alcoholic beverages. This explains in part at least the great vogue of patent medicines.

PREVENTION OF CONSUMPTION.

We are glad to note an increased interest among both the medical faculty and the general public in the prevention of consumption. Tuberculosis alone accounts for 60,000 deaths in England and Wales every year. We believe that nine-tenths of these deaths might be prevented if proper measures were taken to eradicate the spread of the plague.

SUPERVISION OF CONSUMPTIVES.

THE prevention of tuberculosis will not be possible until there is a strict supervision of all consumptive patients. We believe this could be carried out without any hardships to the victims of the disease. Such a system would enable the medical officers of health to take the necessary precautions against the spread of the infection. We trust that some government measure will soon be taken to add consumption to the list of notifiable diseases, and provide the necessary facilities for the care of the victims and the protection of the public.

CENTENARIANS.

ONE of the leading London dailies recently sent a reporter to interview an old man on his 110th birthday. While somewhat deaf, he was well able to converse with the reporter and tell of his past experiences. It is not

an uncommon thing to hear of men and women passing their hundredth birthday even nowadays, and this ought to be evidence to all, that with a consistent hygienic life it is possible for many people to attain to a comfortable, healthy, and active old age.

A CURE FOR SLEEPLESSNESS.

"GET out of doors," writes an exchange, "and you won't need to take sleep opiates. Isn't it the easiest thing in the world to lie down in a sunny field, with a handkerchief over your face, and fall asleep? And, if you have ever crossed the ocean, you must have noticed how the fresh breezes and sun's rays set the passengers dozing in their chairs. Sunlight and air are nature's own remedies for sleeplessness, and if insomnia patients could take a good course of this treatment they would need no poppy juices."

LUNACY IN THE BRITISH ISLES.

THE sixth report of the Commission on Lunacy shows that insanity is rapidly increasing in Great Britain. In less than fifty years the number of insane has more than trebled. In 1895 there were 36,000, which had risen to 122,000 in 1906. One startling feature of the report has reference to the persons discharged from asylums as nominally cured. These numbered 38,000 annually, and over and above this is the large number of patients liberated every year who are not even nominally recovered. Last year there were 1872 such patients, and the report estimates that rather more than one-third of those discharged include those who had nominally recovered and were afterwards sent back to the asylums. This stream of uncured lunatics is a constant source of danger to the

sane population. The number of cases of hereditary lunacy must be greatly increased through the intermarriage of these liberated but mentally unsound persons with the sane.

CAN QUININE CURE MALARIA?

It may be safely said that no single theological dogma has commanded more consistent homage on the part of believers than the medical profession, rank and file, has accorded to quinine. It has long been considered one of the specific drug cures. It now appears from recent researches that the cure of malaria with quinine is only apparent, and that the drug does not really destroy the malarial parasites. It is equally well established that quinine paralyzes the white cells of the blood by poisoning their protoplasm. Haré states that the amoeboid movements of the white blood cells are arrested by quinine in even so small a proportion as 1 to 20,000. When quinine is so constantly given as to keep the blood more or less saturated with it, the paroxysms of malaria do not occur, for the simple reason that the malarial parasites are hidden away in the spleen and other internal parts. As soon as the quinine is withheld, these parasites swarm out of their hiding-places, and finding their natural enemies enervated and paralyzed and in some measure destroyed, take their own free course and work havoc in the blood. Surely it is not wise to give a drug which thus cripples and destroys the very life of the body, besides seriously damaging the kidneys and other organs. The absolute withholding of quinine during acute attacks of malaria will expedite ultimate cure. Instead of the disease process being merely held in check at the cost of leucocyte paralysis, the defensive forces of the body should be given a chance to fight their enemies in the open.

A BETTER METHOD OF TREATMENT.

A BETTER method of treatment in malaria consists in the use of sweating baths, applied just before the beginning of a chill. This method was used about 400 years ago by Don Alexis of Piedmont, Italy. He first rubbed the patient with hot linen cloths, then snugly wrapped him in, until he freely perspired. Simple sweating procedures are commonly used in various parts of the world. It is sometimes necessary to repeat the sweating procedure three or four times, though it is often successful at the very first application. Dr. Austin Flint reports a case in which he

had employed quinine in full doses for several weeks without success. He finally abandoned the drug entirely, giving his patient wet sheet packs two or three times a day, with the result that within a week the patient was convalescent. A very good method consists in watching the thermometer closely on the day of the expected chill, and as soon as the temperature begins to rise, getting the patient into bed wrapped with woollen blankets and surrounded with heated bricks or hot water bottles. Hot water or hot lemon drinks are freely administered till perspiration is induced. The patient's resistance should be built up with rest, proper feeding, exposure to the sun and air, and cold rubbings.

BATHS FOR HEART FAILURE IN PNEUMONIA.

PHILIP KING BROWN has studied the effect of Naubeim baths on patients suffering from pneumonia. The pulse, respiration, and temperature were taken before the bath, and a full-strength bath given at once. In practically every instance there was a lessening in the pulse and respiration rate, and a rise in the blood pressure. In a few cases the effect of the various drugs on the blood pressure, was compared with the effect of the bath. In every instance the blood pressure was higher and better sustained on the day when baths were given than on the day when drugs were given. Thus, again, the superiority of natural over drug remedies is demonstrated.

COOKING CLASSES.

THE cooking classes mentioned in the June GOOD HEALTH, which are being conducted by the Sydney and Melbourne Sanitarium Health Food Cafes, are proving a great success. Large classes have been formed, and great interest is shown in the preparation of healthful food. Those who have not yet availed themselves of the advantages offered by these practical cookery demonstrations, should join the class at once. As stated last month, the course consists of six lessons, but is continuous, so that new members can be received at any time. No one who is at all interested in learning how to prepare healthful and attractive dishes, can afford to miss this splendid opportunity. Remember the time, every Wednesday afternoon at 3:30. The addresses of the Cafes are given in the advertisement on another page.

"A MARVELLOUS CANCER CURE."

THERE is just now considerable newspaper correspondence over an alleged cure for cancer, which appeared in an English magazine some years ago. The supposed cure consists of an infusion of violet leaves, the infusion to be applied on lint as a compress to the affected part, and also to be taken internally. Faith in the remedy is based on the vague rumor that it cured Lady "Somebody" of cancer of the throat. Against this rumor in favor of the "cure," the reports at hand place the evidence of two cases known to have been treated with infusions of violet leaves. In one of these, a case of cancer of the breast, the woman "used the infusion as a wash and poultice, and also drank the juice for three or four months, but gradually grew worse, until at last she had to undergo an operation." In the other case, cancer of the lip, it is reported that "the growth subsided, and the lip became much better;" which, of course, is somewhat indefinite information. In brief, it may be said of the violet treatment of cancer, that, like many other suggested treatments, it has been tried and found wanting. Indeed, there is nothing whatever in the treatment to begin with, that gives the slightest promise of success to one who understands the nature of cancer, and is acquainted with the properties of violet leaves.

THE BLUE LIGHT TREATMENT.

It seems likely that the above method of treatment was suggested by a similarity of names. The *ultra-violet rays of sunlight* have long been employed for therapeutic purposes, and give promise of success in the treatment of cancer. *Cases of undoubted cancer have been cured, and are being cured, by faithful, intelligent application of the blue rays of sunlight.* Of course the habits must be so regulated during treatment that the cancer will not be fed by impure blood, and encouraged to grow by stimulants and irritants. "Forced feeding" of the tissues of the body through the free use of flesh foods, lies back of cancer in nearly every case. Comparative "starvation" of the tissues through the withholding of meats and all cell irritants and stimulants, is first felt by the abnormal cells of the cancer. As a result, the cancer becomes less malignant. Concentrated chemical or ultra-violet rays are then applied, the degree of concentration and the length and frequency of the treatment depending on the effects, which are carefully watched by the physician. The chemical rays of sunlight destroy the cancer by killing its cells and cutting off its blood supply. A wise combination of scientific feeding, sunlight, and surgery, is more rational, and gives greater promise of success than any other treatment which has been suggested or is being employed.

Balancing Body and Brain.**Hygienic Exercises for Busy People.**

THE idea that man is "growing weaker and wiser" has led cartoonists to picture the man of to-morrow with a big head, a small body, and insignificant legs. But the weaker-and-wiser theory is a modern fantasm. The Greeks knew that it is impossible to have a sound mind in a sickly body, and in time we may become as wise as the Greeks.

It pays teachers, pastors, lawyers, doctors, and business and professional people generally to keep an even balance between body and brain; to devote a reasonable amount of time each day to the maintenance of physical fitness for the sake of mental keenness and soundness.

It is the object of the exercises herein illustrated and described, to accomplish this desirable object with the expenditure of a minimum amount of time. If it is urged that such persons need all their energy to do their work, so have none to waste in taking exercise, it may be answered that energy expended in physical exercise is energy so well invested that it will be returned with interest.

The first thing the busy man should do is to learn to breathe. Breathing is an excellent exercise, but somehow we have fallen

into the error of supposing that the important function of respiration requires no attention whatever. And so we go on breathing in a thoughtless, involuntary way until finally we cease to breathe altogether. As a matter of fact, nothing else in the world is so important as breathing. Your business is of no consequence whatever compared to this first and last business of life. One of the chief causes of "brain fog"—and brain fog, too—is thoughtless, shallow breathing. This suicidal practice is doubly bad when "second-hand breaths" are taken, and trebly potent for evil when the air is drawn through



The Disease.

the mouth. The disease and the remedy are illustrated. To cure the trouble, draw full, deep inspirations of pure air through one nostril at a time until the air has dilated the passage and made a way for itself; and



The Remedy.

practice deep breathing in an easy, natural way while walking, working, and resting, and on every possible occasion.

Figure 1 shows an excellent exercise for relieving cerebral congestion by quickening



Fig. 1.

the circulation of the blood and increasing the respiratory movements. Keeping the body straight and rigid, slowly lower the chest to the floor by bending the arms, breathing out. While extending the arms and raising the chest from the floor, breath in deeply. Repeat until tired.

Now turn on the back and take exercise Figure 2. Inhale deeply, then, holding the

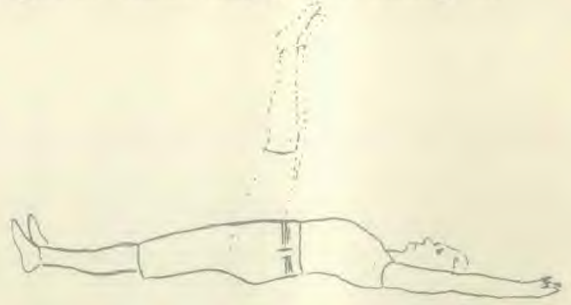


Fig. 2.

breath, raise the legs slowly into the position shown by the dotted lines. Lower the legs while exhaling.



Fig. 3

Figure 3 illustrates an excellent exercise for relieving congestion of the digestive organs. The exercise should be taken slowly, accompanied with deep breathing. Figures 3 and 4 are good reducers of obesity, and will



Fig. 4.



Fig. 5.



Fig. 6

soon make the body smaller and more supple.

Figures 4, 5, and 6 illustrate a good wand exercise for straightening the body, and improving breathing and posture. Starting with position 4 the right arm is crossed over the head to position 5. The wand is then lowered at the back to position 6. The left arm is next crossed over the head and the wand returned to the starting point.

The next wand exercise is a good trunk-bending movement. From position 4, lunge forward to the left, at the same time fling the wand upward into the position shown in figure 7. Bend slowly forward, lowering the wand until it reaches the floor. Return to position 7, then step back into position 4. Repeat six or seven times; then lunge to the right the same number of times. Then alternate six to ten times. Taken with deep breathing the benefits to be derived from this exercise can hardly be overestimated. It is one of the best of the many body-bending exercises.

Still another exercise may be taken by lunging forward from position 4 into position 7, and instead of bending forward, lowering the wand to the shoulder position shown in Figure 8, at the same time taking a deep breath. Now extend the arms, bringing the wand into the position shown in Figure 7, replace the foot, and lower the wand to position 4. Repeat, and alternate as before.

Figure 8 shows the correct position for trunk-bending and twisting exercises. With wand at the back of the shoulders, the chest lifted high, and the chin held in, bend slowly to the right while inhaling deeply. Slowly return to the upright position while exhaling. Repeat six to ten times, then bend to the left six to ten times, alternate right and left and forward and back an equal number of times in the same order. These bending exercises may be followed by trunk-twisting movements taken slowly and accompanied by deep breathing. These exercises

should be regularly and systematically taken. They should be preceded or followed by a cool sponge bath with vigorous rubbing of the skin, which in itself is an excellent exercise. Thus taken, sleep will be more refreshing, and appetite improved, the blood will be diverted from the congested organs,



Fig. 7. To the left, charge! Wand overhead.

and the brain-worker will be able to do more and better work than when the training of the body is neglected.



"A BUNGLER is always grumbling about his tools," is an old proverb deserving attention.

Deep Breathing and Disease.

DR. MASON, chief health officer of New Zealand, is an advocate of the introduction of deep breathing as a form of physical drill in schools. He is of the opinion that judiciously carried out by young people, the exercise would cure early cases of curvature of the spine and various other deformities due to muscular weakness and improper position.



Fig. 8. Wand on Shoulders. Trunk bending.

Recent scientific investigations go to show that a large proportion of people following ordinary occupations, breathe improperly and very imperfectly. Lack of exercise of the lungs naturally results in defective development of lung tissue. This prepares the way for consumption and other diseases to gain a hold in the lungs. This poor breathing is to be seen on every hand, and sufferers from in-

digestion and other complaints are common enough examples of imperfect breathing, without looking further afield for illustrations of our ignorance in this respect. The most important muscle in the body is the diaphragm. There can be no doubt whatever of the value of exercising this muscle, and gaining a proper control and use of so important a muscle. The doctor referred to the use of the diaphragm in breathing by all savage tribes, and gave it as his opinion that this fact alone accounted for their splendid physique. The value of clavicular, lateral, and diaphragmatic breathing was pointed out. Those who breathe clavicularly, or with the upper part of the lungs, seldom, if ever, suffer with ordinary chest complaints. Consumption usually begins in the upper part, or apex of the lung, and most consumptives are improper breathers. Full, deep breathing out of doors develops lung tissue, and without a liberal supply of this we cannot hope to successfully fight the lengthy list of diseases that first make the lungs their hunting ground.

In this connection the experience of Dr. Prior, an English physician, may be mentioned. Dr. Prior regards deep breathing as a remedy of the greatest value in the treatment of those who are poorly nourished, as shown by such symptoms as neurasthenia, toxemia, indigestion, and anæmia; also in gouty subjects, and in the treatment of affections of the lungs and pleura. Deformities due to rickets and spinal curvatures are often susceptible to great improvement by combined exercise of the lungs and by special

gymnastics.

In conditions of imperfect restoration of the use of the lungs after pneumonia or other pulmonary diseases, deep breathing is particularly beneficial. Breathing exercises must be taken intelligently to be effective; the lungs should be filled from bottom to top. The object to be obtained is an increase of the incoming and outgoing air.

The Influence of Mind on Digestion.

BY D. H. KRESS, M. D.

DR. PAWLOW, the eminent St. Petersburg physiologist, has brought out very clearly in his experiments upon dogs the influence of the mind on digestion. By these experiments he demonstrated that food that is relished or appetising, creates a more copious flow and a better quality of saliva and gastric juice than food that is not appetising, and eaten mechanically. This, no doubt, accounts for the fact observed by physicians, that patients, when recovering from a severe illness, sometimes demand or call for foods that seem unwholesome or indigestible, and dispose of them without difficulty. Could they have the same relish for foods easier of digestion and more wholesome, it would undoubtedly be better. But to force upon them the more wholesome foods without the necessary relish is a greater evil than the former; for the more wholesome and digestible food is rendered indigestible and unwholesome, owing to the absence of relish and the much-needed digestive juices resulting from the stimulation of the appetite. This also explains the fact that men and women often eat what they please or relish, paying no attention whatever to the wholesomeness of foods or to their digestibility or combination, yet suffer less with indigestion than those who exercise the greatest care in the selection of suitable and wholesome foods, but eat mechanically.

There can be no doubt that mechanical eating creates dyspepsia, even if the food is the best, and the greatest precaution is taken in the combination and mastication. Man must relish and enjoy what he eats in order to derive the full amount of benefit from it. No one, therefore, can prescribe in detail what another should eat.

This does not do away with the need of reforms, but it proves that the only successful way of bringing about reforms is by a conversion or transformation of the mind. It is possible for a person to hate foods which he once relished, and to relish foods he once had no relish for. The conscience in every such case must be first enlightened. The person must be able to see in the food before him the good it contains; this will enable him to appreciate it above inferior foods, and to enjoy, relish, and digest what otherwise would be unenjoyable and indigestible. The palate may and should be gradually trained, however, to relish only wholesome foods.

Cheerfulness aids digestion. Mental influences have much to do with the digestion of foods. "A merry heart doeth good like a medicine." Cheerfulness has a tonic influence on all the organs of digestion, while depression, worry, fear, and anxiety are debilitating, especially during the meal hours. Cheerfulness and thankfulness must be cherished and cultivated. Nine-tenths of the cases of dyspepsia are either entirely due to a wrong state of the mind or aggravated by it. The best, purest, and simplest foods are poorly digested unless a change of mind is encouraged.

No one is so certain of having continued digestive disturbances as the one who is in constant fear that what he eats will disagree. The mind in such a subject inhibits the digestive process, making it impossible for these organs to digest even the simplest food, which otherwise they would digest with ease.

Apparent benefit from the use of drugs or narcotic poisons, as alcohol, tea, coffee, tobacco, etc., is sometimes obtained. These exhilarate or stupify the mind, so that business cares, anxieties, home sorrows, and other depressing mental influences which retard digestion, etc., are for the time forgotten. The difficulty is, that from any artificial exhilaration there follows a corresponding state of depression, which calls for another and often an increased dose of the same narcotic. To keep free from worry and other depressing mental influences by the use of narcotics, it is necessary to remain in a continuous state of mild intoxication. This is ruinous to health and morals.

While these narcotic poisons appear to perform marvels, sooner or later it will be found that they are poor substitutes for the real remedy, which is found by an actual and permanent change of mind which will lead to a cheerful reformation of all wrong habits of life. The apostle, in contrasting the false and the true says, "Be not drunk (or exhilarated) with wine, but be filled with the Spirit." Peace and contentment of mind must exist in order to enable the digestive organs to do their best work.

The actual needs of the body are few. Most of the things craved by the average civilized man are not needful, and are many times harmful. The body is composed of only a few elements, which fortunately may be obtained from the simplest and cheapest foods.

The Secret of a Long Life.

A Wonderful Old Man,—Hale and Hearty at 111.

CAPTAIN GODDARD DIAMOND, whose portrait appeared in the March GOOD HEALTH, formerly lived in San Francisco, and was there during the terrible earthquake on April 18, last year. He now lives in Oakland, and he was 111 years old on the first day of May, 1907.

In 1901, at the age of 105, he was an active member of a physical culture training class in San Francisco. He enjoys his daily walk in Oakland very much. He is not only the oldest white man on the Pacific Coast, but is, in many respects, the most wonderful man alive.

A lady journalist who interviewed Mr. Diamond says it is delightful to hear this remarkable sojourner in three centuries talk in his clear-headed and optimistic fashion. He thinks nothing of contributing short articles on health and diet to twenty-five magazines and newspapers, and is the author of an interesting book, "The Secret of a Much Longer Life." The first edition was written when he was 105, and the latest when he was 110.

Mr. Diamond is not a mere theorist about living on certain foods. He practises to the letter what he preaches. He prepares all his own food and mends his own clothing. His memory is good; likewise his eyesight. He can write his name legibly without glasses, though he wears them for reading and continuous writing. He does not need glasses in the street, and his clear, grey-blue eyes twinkle merrily as he wends his way among crowds of people. He has very few wrinkles.

He is a great physical culturist, and never lets a day pass without his walk, his deep breathing, bath, and exercises. He climbs with agility the ladder leading to his rooms.

At the age of forty-two he adopted the style of life he now leads, and he has never been ill from that day to this, with the exception of a cold he took in April of last year from sleeping on damp ground in San Francisco at the time of the earthquake.

"I soon cured myself with olive oil," he said, "and by being especially careful with my diet. I am a strict vegetarian. Not a drop of blood has been shed or drawn to feed me for sixty-eight years. I cured myself of rheumatism and other old-age complaints at forty-two by leaving off meat-eating, giving up

tea and coffee, and using pure olive oil freely in my food; also rubbing olive oil on my body after bathing. I use about two and one-half gallons of olive oil in a month, most of it internally. I use only about one quart per month externally. It takes very little oil to keep the skin smooth and the joints limber.

"I take a cold rub every morning immediately upon rising. I dip a good-sized piece of flannel in cold water, partly wring it, and rub my whole body with it. Then I rub hard with a rough, dry towel till I am as



warm as toast, and then apply the olive oil—just a little—and rub it well in at the joints. It keeps the joints supple, and keeps wrinkles away from the face. I always use woollen underwear. I find it best suited to me."

Mr. Diamond attributes his good health and long life in a great measure to the use of olive oil, but gives credit to his entire method of living. He uses no stimulants of any sort, and no meat whatever. He drinks pure water, milk, and sweet fruit juices un-

fermented. He uses eggs only sparingly, and when he does use them he is careful that they are perfectly fresh. He scrambles the eggs in olive oil—just barely coagulates the white, and beats the yolk thoroughly. He eats very little cheese, and always cream cheese. He uses salt with everything.

He says it takes very little to feed the body, if only we select the proper food. He has no fixed rules as to what foods. He makes a change often, and does not use more than two different kinds at a meal. He always seasons his food with olive oil, and when he fries it he also uses olive oil.

He uses no animal fat whatever. He includes in his diet all cereals, fruits, nuts, and vegetables.

He says, "I have lived in this way for sixty-eight years, and during all that time I have been free from pains and aches of every sort, and have been happy too. At forty-two I was comparatively a nervous, feeble old man. But in those days I ate meat, filled my system full of acid and rheumatism, and trusted to the doctors to get me out of my misery."

Mr. Diamond does not smoke, and never sleeps in the daytime.

Ten-minute Talks on Health.

Sciatica.—No. 1.

"HELP me to mitigate my sufferings," is the urgent appeal of a reader whose case is typical of this affliction, and is therefore set down as follows:—

"Sciatica" is a farmer and fruitgrower, a Scotchman fifty-five years old, for some years a total abstainer, having previously taken stimulants on what he now sees to have been "the foolish advice of our family doctor at home, who (I being troubled with functional derangement of the heart when a young man) told me when I felt 'queer' always to take something—wine, whisky, or brandy. I abhorred the stuff, but it gained a hold, and now on any exertion my heart goes off like a churn. I may now be feeling the effects of intemperance."

"My general health is fairly good," he continues, "but within the last three months my right leg began to give notice of something wrong. Now I get little or no sleep with it, the aching extending from the hip down to the instep, especially at the knee and above the instep. The pain is worse at night; there is also coldness and numbness." This patient says he is doing more walking over the ploughed fields than usual, and that he is sleeping next to an outside paling wall. There is no trace of rheumatism or gout in the family as far as he knows.

Of his dietetic habits he says: "I use little or no meat, but have two meals a day, of tea, bread and butter, fish or eggs, and generally some health foods and nuts, and milk and cheese at dinner. I use a lot of sugar, and I don't know that I have had a dozen days in the year when I have not taken a teaspoonful of soda and cream of tartar after every meal for flatulence, and sometimes an ounce

of bicarbonate of potash in ten days."

Nature is not unkind; but she is just. She will not allow her fair laws to be transgressed without exacting due tribute. In this case the cause is made up of errors in eating, drinking, dressing, bathing, and working; the effect is excruciating pain—sciatica. Nature cries out, "Consider your ways! You are making mistakes! Stop! Turn this way!" And when man obeys her voice, she is as kind in binding up and healing as she was apparently cruel in inflicting pain.

My advice to this patient is: First, You should stop overworking. Fifteen to twenty miles a day over rough plowed fields is altogether too much walking for a man of fifty-five, unless he is in excellent form. Secondly, Bathe regularly. Improve the circulation of the leg, and in this way the nutrition of the sciatic nerve, by means of the hot half-bath taken daily before retiring. This may be taken in an ordinary bath, just enough water being turned in to cover the legs in a sitting posture. The water should be as hot as can be borne for the first ten minutes, then followed by a dash of cold to the hips and legs (short and sharp), or a quick rub with cold, damp salt. This may be repeated, and, afterwards, the skin should be well dried and rubbed with olive oil, and massage and joint movements given by an attendant, if possible; then the whole leg from toe to spine should be snugly wrapped in cotton wool, oiled silk, or flannel, for the night. A dry, warm bed should be occupied by neuralgics.

The colon should be kept clean by means of enemas, two or three pints of water at 112 degrees, containing two or three teaspoonfuls of common salt being used every other day, immediately followed by half a pint of water

at 70 degrees, containing half a teaspoonful of salt. This cool water should be quickly discharged or it may cause pain. An ounce of warm olive oil should be injected high up through a large soft-rubber catheter on alternate nights. A cool friction bath on rising is indicated, and the application of radiant heat in the form of electric light or concentrated sunlight to the lower spine and along the course of the nerve. Instead of cauterising or blistering in the usual way, it is far better to apply sunlight sufficiently concentrated to produce sunburn or solar erythema along the course of the nerve. Galvanism, revulsive douches, and massage are useful when they can be obtained, as in an institution.

The third factor is perhaps the most important. "Sciatica" is making some serious mistakes in his habits of eating and drinking. The use of tea is enough in itself to account for the pain. Tea is a nerve poison and irritant, and in nervous diseases it must be given up before recovery can be hoped for or expected. Too great a variety of food is being taken, too much sugar, and probably too much nitrogenous food. The fish could be left out to advantage, also the cheese, and even milk and eggs should be used sparingly by this patient. An abundance of fat ought to be eaten, as much can be digested in all nervous diseases. Pure olive oil is one of the best forms in which to take this food-stuff. Of course it is a mistake to eat such a combination of foods or in such a manner that gas will be formed; but it is still worse to take soda, cream of tartar, etc., to relieve flatulence. Let this patient eat carefully of toasted breads and cereals, masticating thoroughly, and the flatulence will no longer be felt because the cause has been removed. Fruits, nuts, eggs, and cream, in moderation, may be combined with cereals, care being taken in combining these in such a way that no discomfort or other bad effects result.

Dickens on Veal Pies.

"WEAL pie," said Mr. Weller, soliloquizing, as he arranged the eatables on the grass. "Verry good thing is a weal pie, when you know the lady as made it, and is quite sure it ain't kittens; and after all, though, where's the odds, when they're so like weal that the very piemen themselves don't know the difference?"

"Don't they, Sam?" said Mr. Pickwick.

Not they, sir," replied Mr. Weller, touch-

ing his hat. "I lodged in the same house with a pieman once, sir, and a verry nice man he was—reg'lar clever chap, too—make pies out o' anything, he could.

"What a number of cats you keep, Mr. Brooks," says I, when I'd got intimate with him.

"Ah," says he, 'I do—a good many,' says he.

"You must be very fond of cats," says I.

"Other people is," says he, a-winkin' at me; 'they ain't in season till the winter, though,' says he.

"Not in season!" says I.

"No," says he; 'fruits is in, cats is out.'

"Why, what do you mean?" says I.

"Mean?" says he. 'That I'll never be a party to the combination o' the butchers to keep up the price o' meat,' says he.

"Mr. Weller," says he, a-squeezing my hand very hard, and whispering in my ear,— 'don't mention this here agin—but it's the seasonin' as does it. They're all made o' them noble animals,' says he, a-pointin' to a verry nice little tabby kitten, 'and I seasons 'em for beefsteak, weal, or kidney,' cording to the demand. And more than that,' says he, 'I can make a weal a beefsteak, and a beefsteak a kidney, or any one on 'em a mutton, at a minute's notice, just as the market changes and appetites wary!'"

"He must have been a verry ingenious young man, that, Sam," said Mr. Pickwick, with a slight shudder.

"Just was, sir," replied Mr. Weller, continuing his occupation of emptying the basket, "and the pies was beautiful."

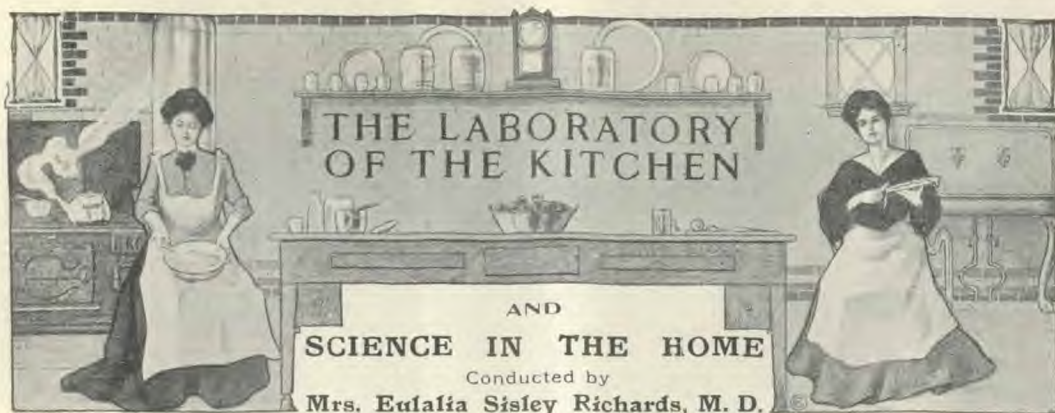
An Inappropriate Quotation.

AMONG things that on reflection one would rather have expressed otherwise, a high place must be accorded to a quotation used by a well-known preacher of New York. He was appealing to the people to repose in their pastors the same degree of trust with which they followed the advice of their lawyers and their doctors. "If," he is reported to have said, "you get a prescription from your doctor, you take the medicine trustfully," adding—

"Yours not to reason why,

Yours but to do and die!"

"We have no doubt," says the *British Medical Journal*, "that the clerical orator meant well, but we think it likely that in cold blood he would not himself regard his paraphrase of Tennyson as felicitous."—*Straits Times*.



Are All the Children in ?

Are all the children in? The night is falling,
And storm clouds gather in the threatening west;
The lowing cattle seek a friendly shelter;
The bird hies to her nest;

The thunder crashes; wilder grows the tempest,
And darkness settles o'er the fearful din;
Come, shut the door, and gather round the
hearthstone;
Are all the children in?

Are all the children in? The night is falling,
When gilded sin doth walk about the streets.
O, "at last it biteth like a serpent"!
Poisoned are the stolen sweets.

O mothers, guard the feet of inexperience,
Too prone to wander in the paths of sin!
O, shut the door of love against temptation!
Are all the children in?

Are all the children in? The night is falling,
The night of death is hastening on apace;
The Lord is calling, "Enter thou My chamber,
And tarry there a space."

And when He comes, the King in all His glory,
Who died the shameful death our hearts to win,
O, may the gates of heaven shut about us,
With all the children in!

Dinner Dishes.

THAT old-time saying, "The test of a pudding is the eating" ought to be revised. Too frequently the value of a given article of diet is gauged alone by the impression it makes upon the nerves of taste. If the food is tasty and well-seasoned, it is looked upon with favor, regardless of its other qualifications. In these days when dyspepsia and weakness are almost universal complaints, we ought to treat the question of dietetics in a broader way.

When the value of a certain food is called

into question, these points should be considered:—

Does the food contain elements which will nourish the body?

Does it contain any element which will have an untoward effect upon any portion of the body?

Is it prepared in such a way that it can be easily digested?

Is it prepared in such a manner as to make it pleasing and palatable?

There are many housewives who realise that the food placed upon their tables is not what it should be from a health standpoint. Such would gladly make the necessary changes if they only knew how to set about it.

It is hoped that the accompanying recipes will be suggestive to those who desire to eat for health.

How to do without meat, is perhaps the most perplexing problem which the would-be reformer has to meet. Butcher's meat is always a more or less questionable product. Many console themselves that if they buy only the "best quality," they will be free from danger, but such are entertaining a false hope; for it has been proved repeatedly that the higher-priced meats are often diseased. But even healthy flesh invariably contains certain harmful waste products which must have a detrimental effect upon the health of the consumer.

This problem of meat substitution is really not a difficult one when once the principles involved are thoroughly understood. There are two classes of vegetable foods which contain all of the valuable constituents of meat in about the same proportion, yet without any of the objectionable properties

found in flesh. These are legumes (dried beans, peas, and lentils) and nuts. These foods may be served in scores of appetising ways; and if properly prepared, they conform perfectly to the health requirements mentioned above. They are as nourishing as meat, very sustaining, easily digested, and quite palatable to those who have been trained away from the more highly seasoned foods.

LENTIL AND TOMATO BROTH.—A delicious broth may be made from the German, or brown lentils, these making a richer broth than the red variety. To prepare, soak a quantity of lentils in cold water over night. In the morning put them over the fire, and allow them to boil gently for two hours or longer. They should be cooked in the same water in which they have been soaked, a little boiling water being added from time to time if required. There must be a fair quantity of water used, and the cooking must be continued until it is rich and tasty and the lentils are quite soft. Then drain off the broth, add a little strained tomato juice (from canned or stewed tomatoes) and a little well-cooked rice. Season with salt and a small amount of onion juice. A little olive oil may, with advantage, be added to the broth before serving. The lentils remaining after the broth is poured away, may, on the following day, be served as a purée. Press through a colander or sieve to remove the skins, and season nicely, the pulp obtained in this way. It should be served hot.

The two following recipes suggest ways in which the prepared nut foods, protose and nut cheese, may be used:—

RICE AND PROTOSE CROQUETTES.—Cut one-half pound of protose into small dice and mix with one cup of steamed rice. A little cream may also be added. Season with salt and herbs if desired. Shape into croquettes and roll in bread crumbs. Place in an oiled tin and bake in a moderate oven.

PROTOSE RISsoles.—Take one cup of bread crumbs, a half-cup of protose, two eggs, a half-cup of nut cheese, one teaspoonful of chopped parsley, a little grated onion, and salt to taste. Chop the protose and nut cheese, and beat the eggs thoroughly, then mix all of the ingredients together, shape into rissoles, and place in a well oiled tin, and bake in a moderate oven until brown.

BROWN SAUCE.—A sauce which is very nice served with either of the meat substitutes above, is made in the following way: Take a little broth from haricot beans which have been stewed until tender. Add to it a small amount of tomato juice if desired, and thicken with browned flour. Season with salt. This sauce is also improved by the addition of a little olive oil. Olive oil almost entirely loses its characteristic taste when used in cooking, so that it can be used quite freely by those who do not care for it in salads.

DATE CREAM PIE.—And now that new dates are just coming into market, many will appreciate this pie—which combines palatability with digestibility.

Line a shallow pie tin with pastry shortened with butter, cream, or olive oil as preferred, and bake in it a filling made as follows: 3 cups of milk, $\frac{3}{4}$ lb. dates, 2 eggs. Stone the dates, and stew them in a little water until tender and rather dry; then rub them through a colander. Heat the milk to boiling; beat the eggs, add them to the date pulp; then add the hot milk and mix thoroughly.

THE FAMILY MEDICINE CHEST.

The medicine chest is considered almost indispensable in a well-appointed nursery. Many a fond mother rests in peace, knowing that she has in readiness a remedy for almost any disease likely to attack her little flock. There are cathartics, emetics, worm medicines, cough cures, croup cures, fever mixtures, tonics, blood purifiers, sedatives, diarrhoea and teething mixtures, besides a miscellaneous collection of medicines that were at one time or another prescribed by the family physician for some member of the household.

In these the mother trusts, hoping by their aid to prevent or arrest the devastation of disease among her little ones. But too often her trust is misplaced, for the very medicines which she considers safeguards, are frequently a source of positive danger to her children.

The danger of untrained persons administering strong drugs or proprietary medicines, whose composition is unknown, is inestimable. Beyond doubt many little children have been injured for life—some have even lost their lives—because they were made the victims of well-meant but ignorant experimentation in the way of home medication.

Consider, for example, the administration of cathartics for the relief of constipation. A young child is suffering from this difficulty. The inactivity of his bowels is due to errors in diet and general manner of life. His mother, ignorant of these causes, fails of course to remove them, but resorts instead to some cathartic, of whose nature she may be in total ignorance. This meets the present emergency, but by no means removes

the difficulty. Often it returns with greater persistency. A stronger drug is given, at more frequent intervals, and in larger doses, until at last the child becomes a slave to cathartics, from which slavery years may be required to free him. But why this condition? Why should a cathartic aggravate the very condition it is intended to correct? Unfortunately this is the final effect in the administration of many drug remedies. In this case, the strong drug, while temporarily stimulating the bowel to activity if employed in too large and too frequent doses, invariably leaves the bowel muscles weak and relaxed. Not only this, but the intestinal mucous membrane, because of excessive and long continued stimulation, partially loses its power of secretion, the effect of this deficient secretion being to assist greatly in the production of chronic constipation.

Worm-killers are another dangerous class of drugs (might more appropriately be termed *baby-killers*), and should never be administered unless prescribed by a medical man. This is rendered more imperative by the fact that the presence of worms is often difficult to diagnose, the symptoms frequently being obscure. More than one defenceless baby has been dosed with strong worm medicines because it was ailing, and the mother, finding nothing definitely wrong with her child, concluded it must be suffering from worms, when, in reality, it was suffering from a disease in no way allied to this, but decidedly aggravated by the strong medicines administered. The mother who cannot discover what ails her child, if wise, will consult someone who can, or at all events, who *knows* that he cannot, and will not attempt medication until he does discover the difficulty.

A word should also be said about *cough cures*, at least those patent cough mixtures which are advertised so extensively, and as extensively used by the people. It has been demonstrated by careful analysis that many of these well-known cough remedies owe their reputation to the fact that they contain, in varying per cent., such drugs as cocaine. No wonder coughing ceases when such nerve-paralyzing drugs are administered in such generous doses as the directions require. But could parents realise, as do physicians, what a treacherous and dangerous drug it is, they would not, for one moment, think of giving to their little children medicines containing it in an unknown and varying per

cent., or in any per cent. at all.

Tonics and bitters must also come in for their share of censure, for often they are as wools in sheep's clothing. Enormous sums of money are spent annually for this class of remedies. Many good temperance people are themselves taking, and giving to their children, bottleful after bottleful of certain far-famed tonics, when, if they were to learn that these tonics contained by volume as much alcohol as whisky, they would be in danger of fainting away on the spot. Yet recent scientific investigation has demonstrated that many of the tonics and bitters advertised so extensively, and even in religious papers, contain a percentage of alcohol ranging from fourteen to forty-four. Comments seem unnecessary, but surely a knowledge of these facts should arouse honest, thinking men and women to action. They should for ever banish such dangerous remedies from their homes, and do all in their power to discourage their use by others who may be ignorant of their true nature.

One more class of drug should be mentioned which enjoys the distinction of an important place in the nursery medicine chest—the *sedatives*. The remedies so frequently employed and often so eminently successful in quieting fretful infants, in the majority of cases owe their magic power to the presence of opium in some form. Even in the hands of a physician, there are no medicines the administration of which requires greater caution and skill than opiates. How dangerous then that unskilled mothers and unprincipled nurses should deal out to frail and helpless infants, sedative medicines containing this deadly narcotic in unknown and varying strengths.

That these remedies are successful in quieting babies, at least *temporarily*, is not denied, but that they do so at the risk of health is avowed. Neither is the repose induced by these drugs always *temporary*. One popular soothing syrup, appropriately called "Quietness," has "soothed" more than one tiny sufferer into its long, long sleep. Another well-known opium-containing syrup, in the course of five years, "quieted" fifty-six little ones for ever.

While there may be conditions which require the administration of medicines, mothers realising the danger of dabbling in drugs, should (except in the simplest cases) leave these matters with the physician.

It is to be acknowledged that among pro-

gressive medical men to-day there is a decided tendency towards replacing drugs with more rational physiological remedies. Many a doctor would to-day, in numberless cases, prescribe some suitable hydiatic treatment, in place of the time-honored drugs, provided the mother or attendant had been educated in such a way as to co-operate intelligently with him in the execution of his orders. This seldom being the case, and the people being so old-fashioned as to believe that they are not getting their money's worth unless the doctor prescribes some bitter draught, what else can he do but do as he is expected to do? It is not to be supposed that this condition of affairs will much improve until parents learn that disease is the result of disobedience to the natural laws of health, and that the true remedy lies not in drugs, but in obedience to these laws of life.

Another "Granose Baby."

"AND the baby! I never saw one make such progress as she has done since she has been fed on granose biscuits. She has gained about six pounds in weight and is so jolly!" So writes a happy mother whose babe was sickly and dyspeptic until her food was changed to gruel made from granose biscuits and milk in proper proportions.

Another mother who has reared a fine boy on granose, and is successfully feeding another, writes as follows: "I hope the



Millicent Warboys, aged 11 months.

children's portraits in the GOOD HEALTH may be the means of inducing other mothers to bring their children up on the same food. I am certain there can be none better."

CHATS WITH THE DOCTOR.

Cold Hands and Feet; Redness of Nose, with Watery Discharge; Belching of Gas, with Feelings of Depression and Lassitude.—"Vegetarian" inquires (1) concerning the cause and cure of cold hands and feet; (2) redness of the nose, with a watery discharge; (3) belching of gas, with feelings of depression and lassitude. He is at a loss to know the cause of the troublesome symptoms; because his food consists chiefly of fruits, grains, vegetables, and nuts. He has a cold shower bath each morning, and is endeavoring in other ways to conform to the laws of health.

Ans.—Cold hands and feet are an indication of impaired circulation. Redness of the nose is another symptom of the same disturbance. In this case the sluggish circulation is due to indigestion, which in turn is probably caused by the eating of unsuitable combinations of food, or too great variety or too large a quantity at the meal, together with a lack of outdoor exercise. The relief of these troublesome symptoms is not difficult, provided "Vegetarian" will give due attention to exercise and practise proper care and abstinence in the taking of food. The diet should consist chiefly of twice-baked breads and cereal foods,

such as zwieback, granose, and corn flakes. Soft foods and porridges had best be avoided or taken in very small amounts and always with some dry food to insure thorough mastication. The meals should be at least six hours apart; only two meals per day should be taken, with a third meal consisting of ripe, juicy fruit, or simply a drink of fruit juice. Eggs, grains, and nut foods may be taken in moderate amounts, also some vegetables, as mealy baked potatoes and the succulent green vegetables; such as green peas, etc. Fruit ought not to be taken with green vegetables, and acid fruits had best not be taken with the cereal foods in this case, as the flatulence is due to fermentation of starch and sugar, and this fermentation is favored by the taking of acid fruits with starchy foods. The quantity taken at each meal should be strictly limited to the absolute needs of the body. What this quantity is will depend largely upon how much active outdoor exercise is taken. For further suggestions on exercise, "Vegetarian" is referred to the Physical Culture Department of this magazine. To increase directly the circulation of blood through the hands and feet, nothing is more effective in

the way of treatment than the hot and cold leg-and-hand bath. The cold extremity should be dipped first in water as hot as can be borne, the duration of the hot application being about three minutes, then plunged into cold water for ten or fifteen seconds. This procedure may be repeated three or four times, the finishing application being always cold, followed by brisk rubbing and exercise. This is a good evening treatment to be taken just before retiring. The nasal congestion and catarrh will be noticeably decreased by the simple treatment just described. A hot bath, continued to perspiration, should be taken twice weekly, followed by a cold rubbing bath. Olive oil may be rubbed well into the skin after this eliminative treatment. The bowels should be kept in normal condition, increased elimination being secured by means of the hot enema followed by a small amount of cold water. If these suggestions are faithfully put into practice, no doubt "Vegetarian" will soon find himself in possession of improved health.

Nasal and Bronchial Catarrh.—L. P., Albury, asks what is the best home treatment for catarrh affecting the nose, throat, and bronchial tubes after an attack of bronchitis and pleurisy.

Ans.—Give careful attention to diet, exercise, and the care of the general health, and in addition cleanse the nose and throat twice daily with cool water containing a teaspoonful of salt to the pint. This salt solution may be used in an atomizer, nasal douche, or simply drawn through the nose from a glass and also used as a gargle. For the bronchial catarrh nothing gives better results than fomentations to the chest and back once or twice daily, followed by a wet sheet pack to the chest. This should be put on cold, two thin towels placed diagonally across the shoulders being used for the purpose. These should be covered with folded blankets, about four thicknesses, and the whole made snug by pinning. As soon as the skin is warm and red, which should be in twenty to thirty minutes, the pack is renewed. Three or four such packs may be given as one treatment. The feet and legs should be warm, a hot footbath being given if necessary. In addition to chest exercises in the open air, special breathing exercises should be taken. Full, deep breathing may be practised during the ordinary avocations of the day. While walking, it is a good plan to inhale deeply while taking five or six steps, then exhale slowly during the same interval. Breathing exercises in which the arms are slowly raised over the head, then lowered at the sides, are useful. Brisk walking and even a moderate amount of running may be taken to increase the depth of the respirations. In the last-named exercise, care should be taken not to overstrain the heart. Water and fruits should be freely taken in all cases of chronic catarrh, and except in emaciated subjects fats and sugars ought not to be too freely used. The warm bath with rubbing and exercise, and the weekly cleansing bath are essential to the cure of chronic catarrh.

Giddiness.—Its cause and cure. A. S., Sydney, inquires concerning the cause of giddiness, also its cure.

Ans.—The most common causes of giddiness are indigestion and constipation. Other causes are diseases of the kidneys, heart, and blood, abscesses and growths within the cranium, ear and eye disease. The giddiness due to indigestion is usually cured by the removal of the causes. These are usually errors in diet. The condition of the colon should receive attention, thorough cleansing being accomplished by means of an occasional warm enema or colo-clyster, followed by a small cold enema. As a result of indigestion the brain cells are both starved and poisoned. It is therefore of the greatest importance that this underlying cause be removed by careful attention to the dietetic habits and conformity to all the laws of health. The treatment when the giddiness is due to the less common causes; such as, ear disease, anaemia, or other blood disease, had best be referred to your medical attendant.

Honey as a "Health Food."—S. P. asks whether honey is suitable for weak digestion, and would also like to know something of the food properties of honey.

Ans.—Honey is a wholesome, natural sweet possessing a very high food value; that is, it is a very rich and concentrated food, and as such must be used in moderation. The chemical composition of honey varies considerably according to the plants from which it is derived, but it always contains a high percentage of grape sugar with a lesser proportion of mannite. There is in addition some gum, wax, mucilage, extracted matters, a small amount of formic acid, and various flavors, such as eucalyptus. The honey from some localities is said to be poisonous, and produces giddiness and nausea in those who are susceptible to the formic acid which it contains. Honey has always been regarded as a luscious and coveted food, desirable lands being described in the Bible times as lands flowing with milk and honey. No doubt in ancient times honey was a common article of diet. We read of John the Baptist that his food consisted of locusts and wild honey. Solomon recognized honey as rich and concentrated food, and so said that it is not good to eat too much honey. The honey of commerce, particularly strained honey, is often adulterated. Some is prepared from various forms of syrup and sugar. This artificial honey bears a striking resemblance to the genuine product of the bee. Those who have weak digestive organs often find it necessary to exercise extra care in the use of this food, which is very well adapted to the bodily needs and digestion of the normal individual. Honey has been found very useful in the feeding of infants. It is a very much better form of sugar than the ordinary cane or beet sugar of commerce, and in the opinion of the Editor it is much superior to artificially prepared milk sugar for sweetening infant foods. It is also useful in the sweetening of stewed fruits, and possesses a certain medicinal value that makes it of service in the treatment of coughs and bronchial troubles. When used as a medicine, it is best employed to sweeten hot drinks, such as lemonade.

Fermented Fruits.—"Groper" says, "We canned a lot of tomatoes last season, and through faulty sealing several tins started to ferment. Those that had not gone too far—just a few bubbles on top and no smell—we boiled over again, and except for a slight "tarty" taste they seem alright. Could you let me know through the GOOD HEALTH whether it is right to eat them?"

Ans.—In a general way it may be said that tinned foods which show the least sign of fermentation are unfit for food. During the process of fermentation poisons are invariably formed, and some of these poisons are so dangerous that it is fair to describe them as deadly. The test used in this case to determine the degree of fermentation is not an accurate one. The nature of the poisons formed cannot be told by the quantity of the bubbles or foam that rises to the top of the tin. Both sight and smell fail to detect many of the most dangerous poisons. The slight tarty taste mentioned is doubtless due to the formation of acids similar to those produced in the making of vinegar. These acids tend to have an injurious effect upon the digestive organs. Then, too, the nutritive value of any food is to a greater or less extent destroyed by the process of fermentation. By the action of the yeast plant and other microscopic plants, the starches and sugars are converted into alcohol and carbonic acid gas, and these, of course, possess no food value whatever. No doubt it would be wise economy to throw the fermented fruit away.

Bronchial Catarrh.—Fifteen-years' Subscriber, Adelaide. What is the treatment in slight bronchial catarrh of some years' standing? It is accompanied by nasal catarrh and frequent sneezing.

Ans.—Fomentations to the chest and back, followed by the wet sheet pack to the chest for twenty minutes, two or three times a day. In addition to this treatment the directions given in this department under the heading "Nasal Catarrh" should be followed.

Remedy for Gray Hairs.—E. M., Redbank. Is there any remedy for gray hairs occurring in a young person?

Ans.—The only cure for grey hairs at present known is the use of some dye to change their color. This, of course, is not a very satisfactory cure. By increasing the nutrition of the scalp, the hairs that have not yet lost their color may be kept from turning grey as soon as they would do without treatment. Thorough cleansing of the scalp with soap and warm water, followed by a dash of cold water to the scalp and brisk rubbing with a coarse towel and the tips of the fingers, together with the use of some stimulating lotion, such as alcohol and resorcin, should prove of service. Fortunately the disease is not a serious one.

Threadworms.—R. P., Castlemount. Kindly prescribe treatment for threadworms.

Ans.—Thorough cleansing of the entire digestive tract is desirable, and this is best accomplished by the free use of the juices of fruits, such as oranges, and free water drinking, together with

the taking of a few doses of Epsom salts. After this treatment the lower part of the intestine may be cleansed by means of copious enemas of soap suds and water. These should be followed by enemas of salt water, turpentine, or infusion of quassia chips. This treatment should be taken fasting, and may require repetition before entire relief is experienced. Small doses of santonin may be taken if prescribed by a physician. The correspondent states that his dinners consist largely of coarse vegetables, such as potatoes, cabbage, pumpkin, turnips, and lettuce. It is probable that the infection occurred through the taking of lettuce which was not thoroughly washed. The eggs are sometimes conveyed into the intestine on green vegetables. This diet could be materially improved by the substitution of nut foods, lentils, peas, and beans for some of the coarser vegetables, such as turnips. More fruit should be eaten.

Brain Fog and Worry.—M. M., New Zealand. Will you please let me know through your journal what the result will be if brain fog caused by excessive worry and hard work, combined with ill health and trouble, is allowed to go on?

Ans.—The result will be nervous bankruptcy. But it is not necessary to let the trouble continue until that climax is reached. The question suggests its own answer. If the work is too hard it must be made easier. Excessive worry must be cut down to no worry. The general health must be built up by means of rest, nourishing food, and proper treatment.



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