

HOME WATER CURE.

COORANBONG, N. S. W., AUGUST 1, 1907. VOL. 10, No. 8.



Franklin Richards, M. D.
EDITOR.

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August, 1907.

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GOOD HEALTH

A Teacher of Hygiene

Vol. 10.

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

No. 8.

HEALTH NEWS AND NOTES.

FISH AND TYPHOID.

THE medical officer of health for the city of London, pointed out the fact that fish may be regarded as a source of typhoid infection. No doubt the germs of typhoid, which are always present in sewage, may be conveyed by fishes which frequent sewage-polluted waters. It has long been known that oysters are carriers of typhoid fever, but it does not seem to be so generally recognized that fish, too, help in spreading the disease.

PATENT MEDICINE SALES.

It is stated that there are no fewer than 40,734 manufacturers and venders of patent medicines in the United Kingdom. The sale of patent medicines has reached the grand total of 28,000,000 bottles annually. The revenue collected annually on the sale of patent medicines is £331,000. Seventy-five years ago the revenue was £25,000 per annum.

SEDENTARY HABITS AND DISEASE.

ATTENTION cannot too frequently be called to the fact that a very large factor in the list of disease-producing conditions of modern life, is the increasing tendency to sedentary habits. Never before did so small a proportion of the people earn their bread by manual, outdoor work. The various lines of work in the cities requiring the expenditure of brain and nerve force, are year by year replacing healthy, outdoor occupations. Man may invent machines to save muscular work, but as surely as these are used, he must reap the inevitable result of sedentary living in many insidious diseases. Digestive disorders are among the most common of the derangements due to sedentary living. The rule still holds good that the man who will not

work, shall not eat with any degree of digestive comfort.

SPOILING FOOD BY RE-COOKING.

FOOD may become watery and tasteless, and lose much of its nutritive value and wholesomeness, by re-cooking. A substance contained in fresh, raw foods, to which the name osmazome has been given, may be described as the vital or life-giving principle of food. It is this principle which prevents such diseases as scurvy. Osmazome may be destroyed and rendered inert by the improper preparation of good food, and it is of course already absent from bad food. Over-cooking, re-cooking, and the tardy serving of foods, spoils the best foods, and it is safe to say that when the characteristic flavor of a food has departed from it, its osmazome has gone also. The ripest fruits, grains, nuts, and vegetables furnish the greatest amount of osmazome, and hence are most nourishing and wholesome.

THE ABSORPTION OF WATER.

FEW people understand that water as well as food, requires to be assimilated in order to perform its work in the body properly. In order to be taken into the blood, and incorporated with the blood serum, there must be a real need for water, and this is best created by means of brisk exercise carried to the point of perspiration. Fever also creates a demand for water, and vigorous sweating in whatever way produced. Water taken into the stomach without the drinker being thirsty or having a desire for it, lingers in the digestive tract, even producing a feeling of weight and discomfort, accompanied by splashing, gurgling noises, which are very annoying; and unless exercise, hot baths, or

some other means are used to create a demand for water, it is not advisable to force too much on the system. A single glass on rising, before dinner, at tea-time, and again at retiring, will wash out the stomach, and supply the needed fluid to the body just as well as several glasses hurriedly swallowed, with a feeling of actual repugnance to water. It is abnormal not to experience thirst, inasmuch as the body consists so largely of water, but the treatment consists in establishing the physiological need for water in the system, rather than in forcing this fluid upon the unwilling digestive system.

THE FILTHY HOUSE FLY

Has long been regarded as a carrier of disease. The evidence against the fly is rapidly increasing. For instance, a bacteriologist who has recently been carrying out a series of experiments to ascertain the infective capacity of the fly, found that flies made to crawl over plates of sterile gelatine, deposited numerous colonies of microbes on its surface. These microbes were found to consist chiefly of those ordinarily found in sewage or decomposing organic material. But some disease germs as well, were carried on the feet of the flies. One of the best ways of obtaining freedom from the plague of flies, is to destroy all decomposing organic material, and replace open ash pits by closed sanitary bins. Everything in the way of domestic refuse that can be burned should be so disposed of, and the flies shut out by means of wire screens.

WHOLESOME MARRIAGE LAWS.

In an address before the Institute of Hygiene, Dr. Rentoul pointed out the inconsistencies of existing marriage laws, and strongly urged their reform as a primary duty of those in authority. He said there was too much encouragement given to the diseased, and too little to the healthy, to marry. He suggested that if we raised the age of marriage to twenty-five in the man, and twenty-one in the woman, required a pre-nuptial medical certificate of good health, made it illegal for the diseased to marry, abolished actions for breach of promise where existing disease could be proved, and prohibited paupers and vagrants from marrying, we would have gone a long way toward increasing the sum total of human happiness, and there would be fewer separations, fewer squalid homes, and fewer degenerate children.

ORANGES AS MEDICINE.

PURE fruit juice is certainly one of the best blood purifiers and body renovators we possess. No doubt many can testify to this fact from personal experience, particularly as regards oranges. Some who have taken oranges with other foods, and have found them to disagree, should try the plan of taking the pure orange juice half an hour or so before meals. Taken in this way, orange juice is particularly beneficial in rheumatic and gouty affections and digestive disorders. It has been claimed for oranges that they make the complexion clear and beautiful, and no doubt they do aid in keeping the skin in a healthy condition. The craving for stimulants and narcotics is also relieved by the free use of fresh fruit juices. Care should be taken to select only sound, ripe fruit, and this should be carefully washed before being eaten. Only the juice should be taken, the skins and seeds being carefully rejected.

TEA INTOXICATION AND PARALYSIS.

TEA, as an intoxicant, is well known to the Chinese. It is especially intoxicating when freshly gathered; it is said that in China tea is seldom used until it is a year old. The intoxicating effects of tea are produced by the volatile oil, of which there is .8% in the green and .6% in the black. New tea contains a larger percentage of this oil. It is this which produces the giddiness which affects tea-tasters, and is especially conducive to the attacks of sick headache which affect so many habitual tea-drinkers. It is also the cause of attacks of paralysis affecting persons employed in packing it. This oil is produced in the process of fermentation and drying. It is especially injurious to the young, and to many persons has a very irritating effect on the nerves, causing violent outbursts of passion and lack of self-control. Many nervous, irritable people, as well as those suffering from dyspepsia and palpitation of the heart and other disorders, might trace the cause of their maladies to tea-drinking.

DR. NANSEN'S OPINION.

DR. NANSEN, the famous Arctic explorer, in his book entitled "The First Crossing of Greenland," has this to say of the effects of tea, coffee, and alcoholic drinks: "Stimulants of this kind . . . bring practically no nutritive substance into the body, and the energy which one obtains in anticipation

by their use at one moment, must be paid for by a corresponding exhaustion the next." When the theine contained in about one-half ounce of tea, is introduced into the body the circulation is excited, the heart beats quickly, and the pulse becomes irregular. Tremblings come on, the imagination is excited, the mind begins to wander, visions appear, and a peculiar kind of intoxication is produced.

CRAZED BY PATENT MEDICINES.

SUFFERING from insanity, the result of the use of patent medicines, Frederick Floehr, a farmer, aged fifty-eight, was recently locked up to prevent his doing injury to his family. This man imagined he needed a strong nerve medicine, and for the past three months he has refused to eat, saying that his food was poisoned. The patent medicine mixtures of bad whisky and strong drugs, commonly sold as nerve tonics, had so affected his nerves that he became too violent for his family to control.

THE CURSE OF FRANCE.

In France absinthe is known as the "scourge, the plague, the enemy, and the queen of poisons." Absinthe is a liquid of emerald green color, consisting of from seventy to eighty per cent. alcohol, highly flavored with aromatic substances such as wormwood, anise, fennel, coriander, hyssop, and marjoram. Since the unpleasant taste may be concealed by the strong aromatic used, the alcohol is frequently very impure. Absinthe heads the list of toxic essences. The common kind contains a much larger percentage of alcohol than does whisky; consequently, its toxic effects are far greater than those of whisky; for to the increased amount of alcohol there is added wormwood, the bitterness of which has passed into a proverb. The habit of absinthe drinking is a most insidious one, and when it is once acquired, it seems almost impossible to break.

DANGER IN TEMPERANCE DRINKS AND FLAVORING EXTRACTS.

THE \$70,000,000 spent in America every year for soda waters is worse than wasted. These beverages are generally compounded of the vilest chemicals, and the dope used for flavoring soda waters contains chemicals of the most injurious nature. In fact, the extracts used for flavoring all kinds of bottled drinks, with few exceptions are nothing but chemical mixtures. These extracts bear the names and colorings of luscious fruits, but

they rarely, if ever, contain a particle of the fruit from which they are named, or of any other fruit for that matter, being simply a conglomerate mixture of vile colorings, smarting acids, and other chemicals that are loathsome and exceedingly harmful. The most poisonous aniline dyes, colored tonca bean, alcohol, and sulphuric, nitric, salicylic, and benzoic acids, are some of the most common adulterants employed in the making of these flavoring extracts. Half a dozen different kinds of flavorings named for as many different kinds of fruit, can be made from the same seething caldron of liquid by different chemical treatments and flavorings. In several samples supposed to be lemon extract, no trace of lemon oil could be discovered. Real lemon would have been too expensive, but alcohol up to seventy per cent., or more than is contained in the strongest whisky, was found in some of the samples. Vanilla extract is made of alcohol, coumarin, tonca bean, and aniline dye. Many other extracts are just as bad, and some even worse.

The use of such extracts and temperance beverages not only impairs the health, but produces a craving for opiates and strong stimulants. The person who would use such concoctions after knowing something of what they contain, certainly has no regard for his health, and should not complain when the injurious results begin to be manifested in nervousness, general debility, indigestion, paralysis, and a dozen other afflictions produced by these poisonous drugs.

The Honest Invalid.

DOCTOR BRIGHT: "You seem always to be having some kind of trouble, Mrs. Blue. First it was your head, then your heart; now it's your stomach that is wrong. How do you contrive to get such a fine variety of ailments?"

Mrs. Blue: "My dear doctor, don't you know that I make it my specialty to have all the kinds of trouble there are?"

DO NOT run after happiness, but seek to do good, and you will find that happiness will run after you.

EVERY day is a new chance given you by God.

A CONSTANT struggle, a ceaseless battle to bring success from inhospitable surroundings, is the price of all great achievements.

THE HOME WATER CURE.



No. —The Hip or Sitz Bath.

The hip or sitz bath is one of the oldest and most serviceable of the many methods of using water in the treating of disease. The sitz bath is a partial bath, in which the hips and feet are immersed in water. There are many methods of applying water to these parts, several of which are illustrated by the accompanying cuts. For use in the home, a barrel, or cask, cut in half according to the illustration, answers every purpose. Two of these hip baths may be made from a single cask. The foot bath may be almost any bucket or basin large enough to contain the feet. Another way of giving the combined hip and leg bath is to partially fill an ordinary full bath. In this the patient sits upright, with legs extended. The disadvantage of this method is that the water applied to the feet and hips will be of one temperature. It is often desirable to have different temperatures for the hips and the feet. This, of course, necessitates the use of separate tubs. The temperature of the sitz bath may be cold, cool, neutral, tepid, hot, or very hot. Various modifications are the rubbing sitz, the flowing sitz, and the revulsive sitz,

The Cold Sitz.

The temperature of the cold sitz bath is fifty to seventy degrees Fahrenheit, duration one to fifteen minutes. The feet should be in hot water during the cold sitz, and the hips should be rubbed to prevent chilling. There should be no pressure underneath the knees, as this interferes with the circulation, thus lessening the good effects of the bath. The bath may be administered two or three times a day with advantage in some cases. Oftener than this, as a rule, is unnecessary. Morning and evening are the most convenient times, and the evening bath alone is quite sufficient in many cases.

The cold sitz bath influences not only the part to which it is applied, but produces a profound effect upon all the bodily functions. There is a slowing of the pulse, an increased blood pressure, a lowering of the local temperature, and of the general temperature if the bath is prolonged. If the bath is so given as to produce tonic reaction, that is, if a very short bath of from thirty seconds to two minutes is given, there is active dilatation of the vessels of the lower abdomen, and increased blood movement through these parts. The nutrition of the organic and muscular structures of the pelvic region is improved, and the parts are strengthened.

Prolonged applications of the sitz bath are sedative. The sitz bath is useful for the relief of congestion of the lower abdominal organs. It also relieves congestion of the brain and liver, and is useful in constipation, and in many diseases affecting the parts to which the application is made. The cold sitz bath should not be used in acute inflammations of the pelvic organs in which there is much pain, nor in cases of sciatica or congestion of the lungs.

The Prolonged Cool Sitz.

It is given at a temperature of seventy to eighty degrees for ten to forty minutes, combined with the hot foot bath. It is useful in cases of passive pelvic congestion and chronic inflammations which are not accompanied by pain. The bath may be begun at a temperature of eighty-five to ninety degrees, and lowered after the first few minutes to seventy-five degrees. The great authority on hydrotherapy, Winternitz, recommends the prolonged cold sitz after the wet sheet rub, as a

most useful measure in chronic diarrhoea. It is also useful in bleeding from the lower abdominal organs, and in the treatment of hemorrhoids.

The Revulsive Sitz Bath

Is a very short, cold sitz, simply a dip into cold water for a few seconds, followed by a very hot sitz 120 to 150 degrees in temperature, and of three to eight minutes' duration. It is a most powerful sedative in painful affections of the pelvic organs. Another form of the sitz bath is the

Cold Rubbing Sitz.

Vigorous rubbing of the whole body, performed by the patient and attendant, should be continued during the entire bath. This is one of the most powerful tonic measures known, and one of the best for the relief of constipation and weakness of the bladder and other pelvic organs; also in prolapse of the abdominal organs, and weakness of the abdominal muscles. It is a useful measure in sleeplessness, in dilatation of the stomach and colon, in aepsia and hyperpepsia.

This bath is too stimulating to be used in cases of acute inflammation and congestion, in which there is considerable pain or muscular tension. It is, however, useful in ovarian neuralgia, and other painful, non-inflammatory affections of the pelvis, if made of short duration, thirty seconds to one minute, and preceded by the hot sitz bath for ten to fifteen minutes.

The Very Hot Sitz Bath

Is given at a temperature of from 106 to 120 degrees, duration three to ten minutes. A hot foot bath is given with it. This bath is useful for the relief of pain and spasm of the bladder, or other pelvic and abdominal muscular structures. It should be followed by a very short application, which fixes the blood in the skin, and makes the good effects of the hot bath more permanent. The hot sitz, 102 to 106 degrees, may be of longer duration.

The Neutral Sitz,

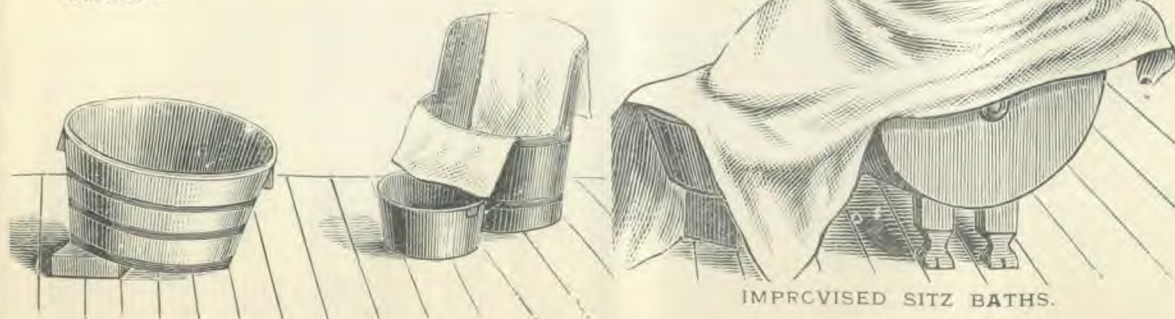
Given at a temperature of ninety-two to ninety-seven degrees, for fifteen minutes to one hour or longer, is a useful means of relieving nervous irritability, itching, and other irritating affections. It is useful in neuralgia of these parts, and in chronic backache, also in acute catarrh of the bladder.

It should be remembered that the effect of any application of water, depends upon its temperature and duration. It is therefore necessary to give careful attention to the temperatures and times mentioned in the descriptions of the various forms of sitz baths given above. If this is not done, their good effects will not be experienced. The sensations of the patient are sometimes a useful guide in the regulation of the temperature and the length of time, although these cannot be depended upon altogether.

In the giving of water treatments, it should ever be borne in mind that they are potent for ill as well as for good. They should, whenever possible, be given under the direction of a physician by an experienced person.

Other water treatments will be considered in this department from month to month.

“ We may traverse the longest pathway,
If we only forge ahead,
Keep the goal but straight before us
With unflinching, steady tread.
We may move the stones that strew it,
If we work, and work, and work,
But we never see the ending,
If we sit, and wish, and shirk.”



Diet and Endurance.

Is Flesh-eating a Cause of Brain Fog and Fatigue?

ABSTAINERS from flesh foods are often asked whether prolonged muscular and mental work can be performed on a fleshless diet. In reply it has always been possible to point to the extraordinary powers of endurance of the grain-fed races of the present and the past; such, for example, as the Japanese, the Irish, and the Scotch. It has always been possible to cite the results of athletic competitions in which vegetarians have shown superior powers of endurance. The Dresden-to-Berlin walking match, in which the first meat-eater was an hour later than the last of the six vegetarians, who were the first arrivals, will serve as an illustration.

Until very recently, however, it has not been possible to refer to definite scientific experiments, conducted by unbiassed observers, for the express purpose of placing the relative powers of endurance of flesh-eaters and flesh-abstainers side by side. Such an experiment has been conducted at the Yale University, by Irving Fisher, professor of political economy. The experiment consisted of endurance tests made on forty-nine persons, representing these two contrasted types of dietetic habits. It was so conducted as to furnish a severe test of the claims of flesh-abstainers that a fleshless diet is conducive to endurance.

The persons experimented on were grouped into three classes: first, athletes accustomed to a full flesh diet; second, athletes who had taken no flesh food whatever for periods varying in length from four to twenty years; third, sedentary persons likewise accustomed to a non-flesh, low-proteid dietary. It will be observed that the first two classes furnish a fair comparison between flesh-eaters and flesh-abstainers, as all the competitors were athletes in training. The third class, however, being composed of sedentary persons, competing with athletes, placed a heavy handicap upon the flesh-abstainers. This was done purposely to give a more severe and decisive test in case the first test between picked athletes on both sides, should turn out in favor of the flesh-abstainers.

The following tables give the results of two simple endurance tests, both of which were made before witnesses, the first test

consisting in holding out the arms horizontally as long as possible; the second, in deep knee bending:—

TABLE I.
HOLDING ARMS HORIZONTALLY.

Flesh-eaters.		Flesh-abstainers.			
Athletes.		Athletes.		Sedentary.	
Names.	Time in Mins.	Names.	Time in Mins.	Names.	Time in Mins.
L. B. Yale	6	H. Battle Cr.	6	J.T.C. Bat. Cr.	10
F. O. "	7	N. " "	8	E.L.E. " "	10
C.H.C. "	7	A. B. " "	10	E.H.R. " "	15
R.M.B. "	7	J. " "	10	A.J.R. " "	17
R. Ba. "	7	J.P.H. " "	12	S.E.B. " "	27
G. "	8	B.S.S. " "	13	L. F. Yale	37
F.S.N. "	8	S. " "	13	P.R. Bat. Cr.	42
W.J.H. "	9	H. O. " "	13	J.T.M. " "	51
E.J.O. "	10	W.B.B. Yale	16	H.G.W. " "	80
J.H.D. "	10	C. H. Bat. Cr.	17	C.E.S. " "	80
R. Bu. "	10	R.M.M. " "	18	L.E.G. " "	98
H.A.R. "	12	O. A. " "	21	A.W.N. " "	170
C.S.M. "	14	S.A.O. " "	32	E.J.W. " "	200
R. "	18	M. " "	35		
G. K. "	22	D. " "	37		
		W.W. Yale	63		
		W. Battle Cr.	75		
		G.S.D. Yale	100		
		C.C.R. Bat. Cr.*	176		
Averages	10		39		64

* Limit of endurance.

The first table for arm holding shows a great superiority on the side of the flesh-abstainers. Thus the maximum record of the flesh-eaters was less than half the average of the flesh-abstainers. Only two of the fifteen flesh-eaters succeeded in holding out the arms for over fifteen minutes, whereas twenty-two out of the thirty-two flesh-abstainers surpassed that limit. None of the flesh-eaters reached a half-hour; but fifteen, nearly one-half of the thirty-two flesh-abstainers, exceeded that limit. Of these, nine exceeded one hour; four, two hours; and one, three hours.

In respect to table two, if we take the number 325 for reference, we find that of the nine flesh-eaters, only three surpassed this figure, while of the twenty-one flesh-abstainers, seventeen surpassed it. Only one of the nine flesh-eaters reached 1000, as against six of the twenty-one flesh-abstainers. None of the former surpassed 2000, as against two of the latter.

TABLE 2.
DEEP KNEE BENDING.

Flesh-eaters.		Flesh-abstainers.			
Athletes.		Athletes.		Sedentary.	
Names.	Times	Names.	T mes	Names.	Times
R. Yale	102	N. Battle Cr.	151	A.J.R. Bat.C.	200
F. O. "	130	W. " "	185	P. R. " "	400
J.H.D. "	137	S. " "	220	J.T.C. " "	401
C.H.C. "	200	A. B. " "	330	E.J.W. " "	447
G. K. "	*254	D. " "	463	J.F.B. " "	1225
W.J.H. "	*318	M. " "	538		
C.S.M. "	*502	J. " "	600		
F.S.N. "	575	J.P.H. "	770		
G. A. "	1229	C. H. Bat. "	791		
		H. O. " "	800		
		B.S.S. " "	801		
		O. A. " "	1000		
		H. " "	1703		
		W. W. Yale	1800		
		R.M.M., B.Cr	2270		
		S.A.O. " "	2400		
Averages	383		927		535

* Limit of endurance.

The following table of general comparisons serves to give a summarised idea of the results of the arm holding and the deep knee bending competition:—

TABLE 3.
GENERAL COMPARISONS.

	Arm Holding.		Deep Knee Bending.	
	No. of Persons	Average Rec.	No. of Persons	Average Rec.
Flesh-eaters, athletes	15	10 Mins.	9	383 Tms.
" abstainers, athletes	19	39 "	16	927 "
" " sedentary	13	64 "	5	535 "

The question may arise, Is not such a competition a test of will power rather than a test of muscular endurance? In reply it need only be answered that the flesh-eating athletes were all Yale University men, who were accustomed to "hold on" and undergo physical torture for the sake of winning athletic contests. Few, if any, of the flesh-abstainers were professional athletes, being for the most part sanitarium physicians and nurses, none of whom worked as hard as G. K. and F. O., the baseball players; W. J. H. the runner; J. H. D. and G. A., the crew men; and C. S. M., the wrestler, all of Yale.

It is therefore practically certain that, as a whole, the flesh-eaters worked nearer to their limits than the flesh-abstainers, and it is also certain that a larger proportion of flesh-eaters than of flesh-abstainers actually

reached the limit of their endurance. Of the fifteen flesh-eaters who took the arm test, three, or one-fifth, reached their limit. They were unable, by the exercise of will power, to keep their arms up any longer. Of the thirty-two abstainers who took the same test, only four, or one-eighth, reached their limit. Again, of the nine flesh-eaters who took the deep knee bending test, three, or one-third, reached their limit; and of the twenty-one flesh-abstainers who took this test, none reached their limit. Every effort was made to stimulate the flesh-eaters to do their best, and uphold their college colors. The Yale spirit was stirred to its utmost.

It may be interesting to cite a few instances in which those representing the two diets were brought into direct competition. In one case a Yale long-distance runner, and a Yale professor who had adopted the non-flesh diet, met in competition in the arm contest. The athlete was a high-proteid flesh-eater. In the course of a few minutes his arms began to tremble, and, at the end of eight minutes and fifty-four seconds, they had gradually fallen, against his will and to his mortification. The arms of the non-flesh eater had not begun to tremble in that time, nor even to ache much, and he continued to hold them out to thirty-seven minutes.

Another instance may be given, in which two physicians were brought into direct competition. The flesh-eater was of more athletic build than his antagonist, and at college had been a football player. In physique and former training, in out-of-door life, in age, and in all other respects except diet, he seemed to have the advantage. But in diet he was accustomed to eat meat three times a day, whereas his antagonist had abstained from meat for twenty years, and was on a low-proteid basis. In order that the flesh-eater might have the greater stimulus, he was started on his test one minute later than his opponent. He therefore realised that if he dropped his arms first, he was beaten. The flesh-eater certainly exercised strong will power, but at the end of twelve minutes he was unable to hold out longer. His opponent continued for seventeen minutes, and had he made the same effort, would undoubtedly have continued much longer.

Another evidence that the superiority of the flesh-abstainers was the result of better muscular endurance, and not of grit, was the fact that much less pain and stiffness

was felt by them in the various competitions. In the cases of all the flesh-eaters, the pain in the shoulder muscles began very early, and this pain remained, with fluctuations, to the very end. Among the abstainers the case was different. Several felt no sensation of pain, or none until near the end of the test. Dr. E. J. W., who kept his arms out for three hours and twenty minutes, felt very little pain for the first two hours. This time of lowering the arms was chosen, not

factors in the production of such disorders of nutrition as are evidenced by headache, neuralgic and rheumatic pains, bilious attacks, etc. These symptoms are due to the accumulation of nitrogenous wastes in the body fluids and tissues. These same waste-products produce great soreness and stiffness after muscular exertion. This was very noticeable in the deep knee bending contest. This test left painful after-effects in all, though more marked with the flesh-eaters



No flocks that range the valley free,
To slaughter I condemn;
Taught by that Power that pities me,
I learn to pity them.—*Goldsmith.*

because the limit of endurance had been reached, but because it was a round number, 200 minutes. In fact, the arms were not trembling even at the end, although there was, and had been for the previous half-hour, a great deal of pain.

The after-effects furnish material for thought and study. It has long been maintained that flesh-eating and the free use of nitrogenous foods generally, are the chief

than with the flesh-abstainers. Those among the latter who held two of the three highest records, 1800 and 2400, were not incapacitated. The man who put up the former record, and who is a Yale athlete, took a run on the track of the gymnasium after the performance, and a long walk afterwards. The man who put up the latter record, and who is a sanitarium nurse, continued his duties, and found little annoyance

from stiffness or soreness.

On the other hand, among the flesh eaters, G. K. had reached his absolute limit in 254 times, and was unable to rise from a stooping posture the 255th time. He had to be carried downstairs after the test, and was incapacitated for several days. The same was true of C. S. M., who, in fact, was seriously alarmed about his condition for a fortnight. He had fainted after 502 deep knee bendings. Many other interesting deductions and conclusions may be drawn from the results of these endurance tests, which cannot be gone into within the limits of this article.

It may be mentioned that the tendency of all modern investigations, such as those of Chittenden, Metchnikoff, Caspari, and others, is toward a fleshless diet. An excess of nitrogenous foods is as badly used by the body as fuel consisting of scraps of iron and brass would be used by a locomotive. Fats, starch, and sugar, when consumed, give off merely carbonic acid gas and water, both of which are easily eliminated. Flesh foods, and other nitrogenous foods, on the other hand, produce crystalline waste-products such as uric acid, which clog the machinery of the body, thus producing disease, and causing brain fog and fatigue.

Ten-minute Talks on Health.

No. 2.—Whooping Cough.

WHOOPING COUGH is a catarrhal inflammation of the air passages, characterized by a series of convulsive coughs, which end in long-drawn inspirations, or whoops. The disease is most common in children between the first and second dentitions, but may occur in very young infants, and occasionally, in adults and in the aged. In the last the disease may be a very serious affection. Whooping cough is a contagious disease, being spread from person to person by direct contact, and through the medium of toys and books, and household pets such as cats and dogs. The contagion may even be conveyed by letters from place to place. It is, doubtless, most often spread by direct contact.

The disease is most prevalent during the winter and spring months, and often seems to follow or precede epidemics of measles or scarlet fever. As a rule one attack protects, second attacks being quite rare. The disease is most serious in delicate, anæmic children with nasal or bronchial catarrh, enlarged tonsils, or post-nasal growths.

The period of incubation varies between seven and ten days, and two stages of the disease are usually recognized,—catarrhal and convulsive. In the catarrhal stage the symptoms are those of an ordinary cold, beginning with slight fever, watery discharge from the nose, redness of the eyes, and a slight, dry cough, which seems unusually persistent. As the symptoms are not very troublesome, little attention is paid to the condition of the child for perhaps a week or ten days. Then, as the cough, instead of

subsiding, becomes worse and more convulsive in character, the fact that the child has whooping cough becomes evident. At this time the convulsive stage begins, marked by the characteristic coughing fits and the long-drawn "whoop."

The fit begins with a series of fifteen or twenty forcible, short coughs of increasing intensity. The child gets blue in the face, and then with a deep inspiration the air is sucked into the lungs, making the whooping sound, which may be heard at a distance, and from which the disease takes its name. A deep inspiration may precede, as well as follow, the series of explosive coughs. In that case there would be a "whoop" at the beginning, as well as at the end of the paroxysm. Several paroxysms may occur one after the other until relief is obtained by expectoration or vomiting of the tenacious secretion. The attacks may be limited to four or five in the day, but in severe cases they may occur every half hour. When they occur so frequently, the disease should be considered very serious indeed. Sometimes the vomiting is so persistent as to produce marked wasting. These paroxysms are painful to witness. The child usually knows for a few minutes when the attack is coming on, and tries in every way to check it. Failing to do so, it runs terrified to the nurse or mother for support, or clutches any near-by objects. The attacks of coughing are produced by emotions, such as fear, anger, or crying, or by any irritation of the throat. Even swallowing sometimes starts a fit of coughing. Dusty air causes coughing by

irritating the throat, so the child should not remain in a room where sweeping or dusting is being done.

After lasting three or four weeks, the attacks become lighter, and finally cease. Thus the course of the disease in ordinary cases, is from four to six weeks. Amongst the accidents that sometimes occur in these paroxysms of coughing, are little hemorrhages about the forehead or in the lining of the eyes. Bleeding may also occur from the ears and nose, and occasionally from other parts. Convulsions sometimes occur.

The practice of exposing children of a young age to whooping cough, cannot be too severely condemned. Mothers sometimes do this, excusing themselves by saying that the child is sure to have the disease sooner or later any way, and it is best to have it over. No tradition could be more mischievous. Ninety-seven per cent. of the deaths from whooping cough occur in children under five years of age. This fact should convince mothers of the supreme importance of using every possible precaution to prevent young children taking this disease. To those who consider whooping cough but a trivial affection, it may be said that it ranks as the third most fatal disease in young children, and the younger the child, the more a tal the disease.

Treatment.

First, it is of the utmost importance that the child be kept away from other children. Strict isolation should be practised. This does not mean that the child should be kept in a room by itself, for nothing is of greater importance than that it should have fresh air and spend its time out of doors as much as possible. During the time of very severe paroxysms of coughing, it is often wise to keep the little sufferer in bed.

Although scores of remedies have been proposed for the relief of the cough, all are notoriously unsatisfactory. The disease is no doubt infectious, and it is logical to make use of inhalents containing such antiseptics as eucalyptus, oil of cinnamon, menthol, and perhaps a little camphor. A satisfactory mixture is Park Davis's chloretone inhalent. It is not a propriety medicine, but a scientific preparation consisting of the oils and antiseptics already mentioned. This inhalent should be used four or five times daily, five to ten drops being added to a basin of

water, or dropped into a tea kettle which is kept boiling over a small spirit lamp. The steam from this is conducted to the child's head and face by means of a sheet or towel formed into a tent. Treatment should last only five or ten minutes, its object being to bring the disinfectant, mingled with the steam, into contact with the lining of the nose, throat, and bronchial tubes.

Several times a day fomentations to the chest and back, with a hot foot bath, should be employed, followed by two or three wet sheet or cool towel packs to the chest. The child should get warm and comfortable in these packs, and they should be removed at intervals of twenty or thirty minutes. Free water drinking and the drinking of orange juice is beneficial. For nervousness nothing is more soothing than a bath at a temperature of ninety-eight degrees Fahrenheit, for about twenty minutes or one-half hour. The resistance of the body should be increased by the use of the cold mitten friction and oil rubbing.

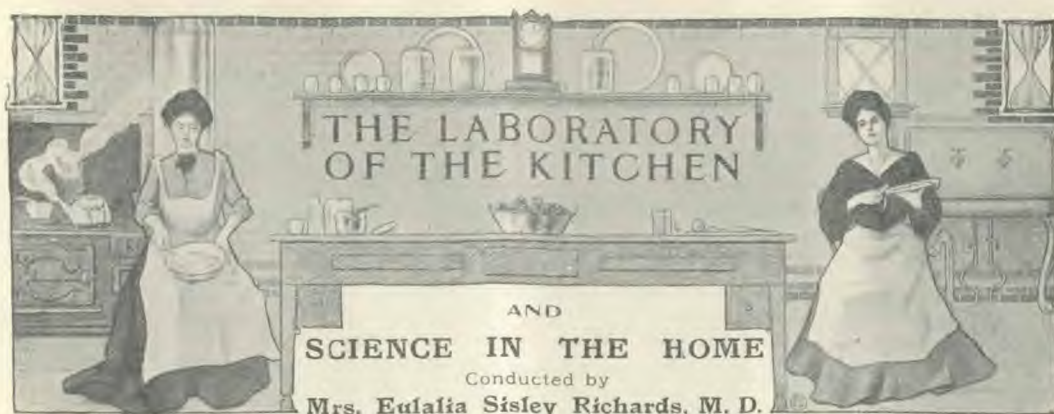
Children with whooping cough must be fed with care, nothing of an indigestible nature being given. The food selected will, of course, depend upon the age of the child; but in all cases give water, fresh fruit, and fruit juices freely. Even very young infants may be given large quantities of sweet orange juice. It need hardly be said that this must not be given with milk, or within two hours after milk feeding. During convalescence the child must be watched with special care, as lung complications are not infrequent. Fomentations to the chest, front and back, and chest and throat packs, are the most useful forms of treatment during convalescence. A mild, equable climate is conducive to complete recovery.

BELIEVE that the whole world is for you, that nothing is against you; and as your faith is, so shall it be unto you.

THE best thing to do with a grievance is to bury it, because if you do not, it is very apt to bury you.

A LINE of vision unobstructed by discouraging thoughts, will transform obstacles into opportunities.

DESIRE for anything quickened into love, may be made an irresistible attracting force.



The Well Dressed Woman.

WHAT woman does not desire to be well dressed? Yet how few realise what it means to be truly well dressed. This is a comprehensive term, including much more than is commonly implied by it. To be *well dressed* does not mean to be merely artistically or becomingly clothed; it means to be healthfully and comfortably dressed as well. In fact, the question of health is of more vital importance than that of beauty, for without health there is no true beauty.

Do not make the common mistake of thinking that healthful clothing must necessarily be lacking in beauty and artistic effect. Because a few dress reformers wear ill-fitting and inartistic clothing, do not conclude that all dress reformers must wear the same. There is no reason why one's clothing may not be perfectly healthful and yet be all that could be desired as regards true beauty and becomingness.

It is true that some of us may need to alter somewhat our ideals of beauty. Shall we not accept the Creator's ideal? He created man and woman in His own image, and then pronounced them very good. Has ever sculptor been able to fashion anything more beautiful, more graceful, than a woman whose form has not been marred by fashion's follies? We would not tolerate in our art galleries or drawing-rooms a statue with a corseted figure. Why, then, do we not only permit, but even foster in ourselves and daughters, such deformities of figure as result from the corset and other constricting garments? Our ideas of beauty as regards statuary and painting are lofty, but as applied to ourselves, which is truly a matter of much greater im-

portance, our ideas are sadly perverted. We need first to be revolutionized in our manner of thinking, and then our manner of dressing will care for itself.

The clothing, if properly designed and arranged, will not obscure or alter, but will rather accentuate the beautiful curves of the natural figure. It will also afford perfect freedom and comfort to every portion of the body.

It seems so difficult for the women who dress in the ordinary way to realise that they are injuring themselves by their clothing. They dress just as their mothers and their grandmothers did before them, misinterpreting always the many aches and pains which should speak to them in no uncertain language of the evils of the conventional dress. The chief difficulty appears to be this: The nerves of many women have become so accustomed to compression by tight bands and stays, that they cease to carry the messages of pain and discomfort which normal nerves would carry under similar circumstances. In other words, hundreds of women are unconsciously enduring for sixteen hours a day such discomfort (if not pain) as their husbands or brothers would not tolerate for sixteen minutes.

A short time ago the writer had the privilege of observing an experiment. A young lady whose education had been such that she had attained the age of twenty-six without even having tried on a corset, consented to wear one for just one afternoon. The garment was adjusted by an old corset wearer, and was declared by her to be just "comfortably tight." But it proved to be an instrument

of torture to the young woman unaccustomed to stays. She returned home again after an hour's walk, almost exhausted, declaring that she could neither breathe nor use her muscles, and begging to be released from her bargain. As she unfastened the corset, she gave a long sigh of relief. "There," she said, "all my insulted organs can return again to their rightful places, and I can breathe once more." Let other women recall their first experiences with the corset, and they will better understand the discomfort to which their nerves have become accustomed.

The young lady mentioned above spoke more truly than perhaps she thought, for most of the abdominal and pelvic organs may be, and frequently are, seriously displaced and otherwise hindered in their work by the wearing of tight clothing. The respiration is also seriously hindered by constricting garments. This means a decreased amount of oxygen taken into the body, and a retention of gaseous wastes. This in turn means lessened vitality and vigor in every part of the body. It would seem plain, then, that the woman who desires to be truly well dressed must be healthfully as well as becomingly clothed. In a future article suggestions will be made concerning healthful dress.

Palatable Puddings.

MANY an otherwise wholesome dinner has been spoiled by a rich and indigestible dessert. Since the average diner feels that he cannot finish his meal without a dessert, this item on the menu assumes considerable importance. The problem is to provide puddings which will satisfy the demands of the partakers without making indigestion an unavoidable result. For the following excellent recipes we are indebted to Nurse Manson of the Sydney Sanitarium:—

HYGIENIC PLUM PUDDING.—Two cups of zwieback crumbs, one cup of white flour, one-half cup each of chopped dates, figs, and seedless raisins, one-quarter cup of olive oil, one cup of sugar, one-quarter cup of lemon peel, and four eggs. Mix all the dry ingredients together, then beat the oil with a very little water until well emulsified and creamy. Add this to the mixture, also the eggs, which should be well beaten. Steam three hours. Serve with lemon, orange, or milk sauce.

BROWN BETTY.—Four large-sized apples, half-cup sugar, half-cup each of figs, dates, and sultanas, two cups of bread crumbs, one tablespoonful of olive oil, and one cup of orange juice. Stew the apples and fruit together until tender,

then add the other ingredients. Mix well, and bake for an hour in a moderate oven.

WALNUT PUDDING.—One and one-half cups of walnuts, one cup of treacle, two cups of zwieback crumbs, one-half cup of white flour, and four eggs. Mix all the ingredients together except the eggs. Then beat the yolks and whites separately, and fold into the pudding mixture. Steam for two hours. Serve with sweet white sauce.

The following recipes are taken from "Science in the Kitchen," by Mrs. E. E. Kellogg:—

APPLE CHARLOTTE.—Take three cups of nicely stewed tart apples which have been beaten smooth or rubbed through a colander, and sweetened to taste. If the sauce is thin and very juicy, place it upon the range, and simmer slowly until it is of the consistency of thick marmalade or jelly. Add to the apples four tablespoonfuls of grated fresh or canned pineapple for flavoring. Remove the hard crusts from slices of light, whole-wheat bread, spread them quite thickly with the prepared apple, and pack in layers in a pudding mould. Cover with a simple custard made of a quart of milk, three tablespoonfuls of sugar, and two eggs. Let it stand half an hour, then bake. Do not press the bread or beat it after the custard is turned on, as that will be likely to make the pudding heavy. Other fruit marmalade may be used in place of the apple preparation, if preferred.

BANANA CUSTARD.—Prepare a custard as directed above, with the addition of one tablespoonful of cornflour. When the custard is cool, pour it over four thinly sliced bananas, over which a tablespoonful of sugar and a teaspoonful of water have been sprinkled. Serve cold.

DATE PUDDING.—Turn a cup of hot milk over two cups of stale bread crumbs, and soak until softened; add one-half cup of cream, and one cup of stoned and chopped dates. Mix all thoroughly together. Put in a china dish and steam for three hours. Serve hot with lemon sauce.

Things Worth Practising.

IF among several pieces of work there is one to be dreaded, do that first. It greatly lightens the load.

A DEEP ruffle or flounce on the bottom of a kitchen apron, by its setting forward, protects the otherwise unprotected portion of the skirt from any drops which might fall upon it.

THE dish cloth, cleaning cloth, and mop should always be left in a cleanly condition, to be ready when next needed. It takes less effort and no more water to rinse them after they have been used than just before using next time. Of course no one thinks of using unclean cloths for cleaning purposes.

Common Cold Weather Complaints.

Abstract of Lecture at the Sydney Sanitarium.

AT this season of the year, winter diseases are reaping their annual harvest. Pneumonia, colds, sore throats, catarrh, bronchitis, and even consumption, are more prevalent and virulent than at other times. A question of considerable importance in relation to these diseases is, Are they due to the cold weather? That cold alone is not sufficient to produce disease, is demonstrated by the fact that some people may with impunity expose themselves to cold, damp, and drafts, without ill effects; while others contract colds and more serious winter diseases, as a result of the slightest exposure. Others, again, are sure to take any epidemic disease, such as influenza, whenever there is opportunity, while some are quite as certain to escape.

What is the explanation of this great difference in the susceptibility of individuals to climatic changes? That it cannot be a matter of heredity, is demonstrated by the fact that some members of the family are always free from these respiratory diseases, while other members of the same family are frequent sufferers. The susceptibility to cold bears a direct relation to certain habits. On searching for these habits, we find two of primary importance, one dietetic, and the other pertaining to the care of the skin and other eliminative organs. The skin is the natural protector and heat regulator of the body. It may be kept in such an active and healthy condition that it will protect against the effects of damp and sudden changes in temperature; or through neglect, may become so inactive that, in order to prevent chills and cold catching, it would be necessary to place its owner in an incubator, or some place where warmth and moisture never vary in the least degree. Such an inactive, defenceless condition of the skin, is produced by neglect of simple hygienic rules, such as the daily bath with cool water, and vigorous rubbing and exercise of the cutaneous surface; or neglect to cleanse the skin thoroughly several times a week by means of soap and warm water.

In the same way the inner skin, or lining of the digestive and the respiratory tracts, may become so low in vitality as to render it useless in the defence of the body against microbic infection through the breathing of foul, dry, or over-heated house air.

The vitality of the lining of the respiratory passages may be so reduced as to lay this

part open to the attacks of germs, which are continually present in the air. Amongst these microbes are the deadly tubercle bacilli, the microbes that cause pneumonia, la grippe, sore throat, and colds. Thus by neglect to care for the skin properly, and through the breathing of unwholesome air, both the outer and the inner surfaces are made ready for the onset of epidemic diseases.

Lack of exercise and the over-clothing of the body, still further increase the susceptibility to cold. It has been frequently noticed that those who practice daily cool bathing, take regular exercise out of doors, and breathe pure air night and day, are warm and comfortable in a room that seems decidedly chilly to others who have not so observed hygienic rules.

The susceptibility to colds is readily increased by overeating, particularly of nitrogenous foods such as eggs, milk, nuts and nut foods, peas, beans, and lentils. It is true that the body requires more food in cold than in warm weather, but not more of the tissue-forming foods such as those mentioned. The increase should be in fats, sugar, and starch. These are the fuel foods of the body, and when sufficient exercise is taken and pure air breathed to insure their complete combustion, they serve the very useful purpose of warming the body. These foods are burned in the muscles. The heat produced by their combustion must be carried to other parts by the blood, the tubes through which it passes corresponding to the steam or hot water pipes used to heat houses. Exercise serves the useful purpose of stirring the furnaces (the muscles), and quickening the flow of warm blood through every part.

No doubt many are sickly, and subject to colds and other diseases because they eat too much. They either don't know when to quit, or else have too little will power to keep them from overeating. Instead of tracing their colds to some supposed draft or exposure, such persons would do better to trace it to one or more hearty meals.

Other factors which prepare the way for a cold, are weariness from overwork, loss of sleep, constipation, digestive derangements, and the taking of too little fluid to cleanse the body and keep the eliminative organs active.

The Treatment of Colds.

Such being the causes of colds, the treatment naturally divides itself into two lines of procedure. The first is directed to increasing elimination and equalizing circulation; the second, to the destruction of the invading micro-organisms. Elimination through the colon is best increased by a thorough cleansing with hot soapsuds, followed by a plain cool water enema. Elimination through the skin and lungs may be increased by means of vigorous exercise continued to the point of free perspiration, and followed by a quick rubbing of the entire surface of the body; or, in the case of the delicate, by quick, hot sponging. Deep breathing and lung gymnastics should accompany the exercise, which should be taken in the open air. Breathing exercises alone are sometimes sufficient to cure a cold in its first stages. Besides increasing elimination, exercise also equalizes the circulation.

To destroy the microbes which have established themselves on the lining of the nose and throat, and are rapidly multiplying, some antiseptic must be employed. This is best brought in contact with the infected surface by means of inhalations of steam. The antiseptic, which may consist of eucalyptus, oil of cinnamon, menthol, sanitas fluid, or formalin, should be dropped into a bucket of boiling water, over which the head is held, the steam being shut in by a sheet or towel. This steaming should be continued for several minutes, and in severe cases, repeated several times. The steam should be sniffed well up into the nose, and drawn deeply down into the lungs, thus being brought in contact with every part of the respiratory tract. A dash of cold water to the face and throat; careful drying of these parts, followed by inunction with oil or glycerine, completes this part of the treatment. In cases where for any reason exercise cannot be taken, the steaming may be accompanied by a very hot leg and arm bath, or a vapor or other hot bath may be used to equalize the circulation and increase elimination. In any case, water or other drinks should be freely taken, as a liberal supply of fluid is essential to the thorough cleansing of the system. The treatment of colds should be begun as early as possible. It should be borne in mind that a battle has been begun between the forces of the body and its invading enemies, the microbes. An hour's delay may turn the tide of battle in favor of the enemy.



QUESTIONS and ANSWERS

20. **Nerve Food, Whooping Cough, and Drinking at Meals.**—T. O. C., New Zealand, asks: 1. What is the best food for one whose nerves are quite weak, and who cannot take nourishing food? *Ans.*—Wholesome, nourishing, and easily-digested food is the best nerve food. Dextrinized cereals, such as gramose, granola, nut grains, bromose, malted nuts, eggs, and nuts well masticated, are excellent for the purpose. Weak nerves are sometimes poisoned nerves instead of underfed nerves.

2. What is the best thing to do for children with whooping cough? *Ans.*—The treatment of whooping cough is of sufficient importance to deserve a special article. This will be found elsewhere in this issue.

3. Is it better not to take any liquid at all at meals? If so, when should we take milk? *Ans.*—It is undesirable to select water-free food altogether. Some dry food should be eaten at each meal to ensure thorough mastication; for example, it is advisable to eat zwieback with porridge, as otherwise the porridge will not be thoroughly masticated. When milk is taken, it should always be at meal time. The milk is rendered more digestible by being mixed with bread or porridge, or some other cereal preparation, which will mechanically prevent the formation of large, firm curds. Milk should never be drunk as water. It is a food, and all foods should be tasted and insalivated. Those who have ordinarily good digestions, may safely take from one to two cups of fluid or semi-fluid food at a meal, though in certain forms of dyspepsia, it is advisable to keep to a much drier diet.

4. Is it better not to drink just before meals? *Ans.*—Yes. If the usual quantity of cold water is taken, fifteen to thirty minutes should elapse before food is eaten.

5. How much solid food should be taken by an adult at one meal, if three meals a day are taken? *Ans.*—If by solid food is meant such substances as bread, potatoes, and other apparently solid foods which in reality are from one-half to three-quarters water, then from one to one and one-half pounds, according to the size of the person, would be a proper allowance. The quantity of solid food to be taken at one meal, must in every case be determined by the composition, richness, and digestibility of the food.

21. **Gravel.**—I. T. J., Albany: What is the cause of gravel in a young man of twenty-seven, who is a non-smoker, abstains from tea, coffee, flesh foods, and alcoholic stimulants? *Ans.*—The cause of gravel, or stone in the bladder, is usually the presence of some foreign body, together with infection. A deposit of phosphates would then occur through alkaline decomposition of the urine. The great majority of bladder stones are formed in the kidney, whence they descend to the bladder. Careful examination of the urine is neces-

sary to a diagnosis of the cause of the trouble. The treatment consists in a correction of the condition which caused the deposit of phosphates, urates, and so forth, in the bladder, followed by the removal of any stones that may be present. The stones must be removed by a surgeon, the method of preference being crushing by an instrument which is introduced through the urethra. The crushed stone is afterwards washed out. A deposit of uric acid crystals is sometimes wrongly referred to as gravel. If such a deposit is meant by the questioner, these remarks on the cause and cure of gravel do not apply.

22. Bladder Trouble.—J.H.M., Auckland: 1. Is there any permanent cure for bladder trouble which frequently disturbs at night, and is accompanied by inflammation and irritation. *Ans.*—The disturbance is probably associated with disease of the kidneys. A specimen of the urine should be sent to a laboratory for examination. This will give opportunity to ascertain the exact nature of the trouble, which can then be prescribed for accordingly. In the meantime a sitz bath may be taken each evening before retiring. The temperature should be 105° F. for three minutes, immediately followed by water at a temperature of 80° F. for six minutes. The feet should be in water at a temperature of 106° F. during the entire treatment. A dash of cold water to the feet, followed by drying and rubbing until the skin is well reddened, completes the treatment. (See article on the sitz bath and its uses in this number.) The diet should be chiefly cereal products and fruits, particularly juicy, acid fruits. Pure water, plain or with lemon or orange juice, may be freely taken between meals.

23. Enlarged Tonsils.—A.Y., Whangarie: Can enlarged tonsils be cured without operation? *Ans.*—It all depends upon the cause, the degree of enlargement, and the length of time the tonsils have been affected. It is often possible to cure enlarged tonsils without operation; and, generally speaking, it is perhaps true that the tonsils are removed more frequently than is necessary, provided proper hygienic treatment and correct habits of living were employed. It is important that the general health be improved by correct diet, thorough mastication, bathing, and the breathing of pure air at all times. Special exercises for the neck muscles, also massage of the throat, and rubbing with olive oil, is helpful. The mouth and the throat must be kept scrupulously clean, the teeth being carefully brushed with a soft, clean brush, or bits of absorbent cotton saturated with a weak solution of listerine; or a strong solution of boracic acid, made by dissolving the crystals in water, or a mild soap solution may be used to cleanse the teeth and tongue, and as a gargle for the throat. This cleansing should be done after each meal, also morning and night. Even though the tonsils are not removed, it is sometimes necessary to scrape away soft, spongy growths back of the nose. When this has been done, the tonsils frequently improve.

24. Milk and Hot Water as Drinks.—T. W., Port Fitzroy: 1. Is it wise to drink milk at meals? if not, when? *Ans.*—Milk is a food, and as such it should not be taken any time as a drink. All

foods should be tasted, and unless they are held in the mouth for a time, and mixed with the saliva, this is impossible. Infants and others who drink undiluted milk as they would water, frequently suffer afterwards from the formation of hard curds in the stomach. This is why, in the feeding of infants, lime or barley water or thin gruel is mixed with the milk to prevent the formation of curds. It is better to take some dry food in the milk, or to mix the milk with gruel or porridge, than to take it by itself. Butter-milk, curds, and junket made by adding a few drops of pineapple juice to warm milk, are all more digestible than whole milk in its ordinary form. Meal time is the only time when milk should be used, although whey may be given to feeble persons before or between meals.

2. I have bananas steamed, and thin cream, and dry toast, for breakfast. Is this the best form for using these articles of diet? *Ans.*—It is well to have variety in the diet. Steamed bananas, cream, and toast makes a very nice breakfast dish, but this should be varied by other dishes equally digestible and palatable. I would suggest that T. W. procure a copy of the "Good Health Cookery Book."

3. Is the continued use of hot water as a drink before retiring, to be advised after health is restored? *Ans.*—It may be safely said that the habitual use of hot water as a drink is not to be advised, either in sickness or in health. Hot water may be occasionally taken, but the natural drink for man in health and disease is pure, cold water—ordinary spring-water temperature.

25. Milk Hot or Cold, Vaccination, Cough and Sore Throat.—1. Is milk best taken cold, hot, or boiled? Is not boiled milk constipating, and unboiled milk likely to convey disease germs? *Ans.*—Unboiled milk is most digestible, but as the risk of contracting tuberculosis through unsterilized milk is a very real one, it is safest for one who is travelling about as you are to have the milk boiled. Milk can be sterilized without boiling, but as this requires care and considerable time, it is not practicable to have it so sterilized at the ordinary hotel or restaurant. The slightly constipating effect of boiled milk may be overcome by the use of wheatmeal breads and other laxative foods at the same meal.

2. Do you believe in vaccination? *Ans.*—While vaccination is not the ideal way of preventing small pox, until hygienic conditions are better than at the present time in some localities, it seems sometimes expedient to be vaccinated. For young children who are kept at home and properly fed and cared for, vaccination is, as a rule, unnecessary.

3. What is the best treatment for coughs and also for sore and relaxed throats? *Ans.*—Sore and relaxed throats are often caused by sore and relaxed stomachs. The first step in the treatment of chronic sore throat is dietetic. Crisp, dry food should be taken at the beginning of the meal, and thorough mastication and insalivation practised. Hot drinks, and drinks at meals are best avoided. Cold salt water may be used as a gargle several times daily, and cold compresses applied externally to the throat. The skin should be kept active by means of a warm cleansing bath

twice weekly, and a cool friction bath daily. The body should be properly protected from cold, especially the hands and feet. Talking in a dusty or an ill-ventilated atmosphere should be avoided. Pure air should be breathed day and night, and exercise out of doors taken daily. An excess of nitrogenous foods, fats, and sugars, aggravates the trouble, while free water drinking and the free use of juicy fruits are conducive to a cure.

26. **Enlarged Pores.**—Will you kindly give cause and cure of enlarged pores on the face, in a young person? *Ans.*—The cause of enlarged pores is an unhealthy, inactive condition of the skin, which is usually associated with indigestion and constipation. The cure consists in the removal of this cause through corrected habits of eating, bathing, and exercise. Exercise out of doors, to the point of perspiration, should be taken daily. This should be followed by a careful cleansing of the skin of the entire body, with soap and warm water. Vigorous rubbing of the skin with the hands after the bath, until the skin is smooth and soft, should be practised. The constipation must of course be relieved, even though it may be necessary to take a dose of salts once a week, for a time. This relief is usually afforded by the taking of wholemeal bread and laxative fruits. Free water drinking is beneficial, and also the free use of fresh fruits. A lotion may be applied to the face. See answer to "Vegetarian" in June "Good Health," page 125.

27. **Honey, and Skin Rash.**—A. W. B., Dunedin: L. Is honey of real value as a food? *Ans.*—Yes. See answer to "S. P.," July GOOD HEALTH, page 145.

2. What is the cause and cure of redness of, and soreness and pain in, the hands of a photographer who is obliged to work in chemicals more or less? *Ans.*—The cause is undoubtedly the irritating chemical solutions into which the hands are so frequently dipped, and the cure consists in protecting the hands from these solutions. This is most successfully accomplished by wearing water-proof gloves during the development of the plates. Keep the hands scrupulously clean, and after washing thoroughly in warm water and mild soap, rub well into the skin lanoline, olive oil, or ichthyol ointment. Before the rubber gloves are put on, the hands should be well dusted with boracic acid powder, or talc, or starch, or a good talcum powder.

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The following booklets have been prepared by the editor and represent the result of years of study. They should be widely circulated.

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186 Edward Street, Brisbane, Queensland.

N. Queensland Tract Society, Blackwood and Walker Streets, Townsville, Q.

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