

GOOD HEALTH

Edited by FRANKLIN RICHARDS, M. D.

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The Editor's Personal Page.

A Friendly Word with the Reader.

It may be this copy of the GOOD HEALTH is the first that has been brought to your attention. If so, a word in explanation will give you a better understanding of what this paper really is, and what are some of its objects.

This issue of the GOOD HEALTH is "special," that is, it has been prepared with a view to supplying the needs of a special class of our readers,—the smokers, of which, perchance, you are one. Now we want it distinctly understood that the GOOD HEALTH has no quarrel with smokers. You may read the pages of this paper from the frontispiece to the final word of the last advertiser without seeing one single statement maliciously made against *smokers*. We are not in the stone-throwing business, for we live in glass houses ourselves. But we *are* here to tell the truth, and nothing but the truth, about tobacco. We can't tell the *whole* truth this month—although we have added several pages—because our paper is too small; so we may tell a little more later.

But tobacco is not our sole topic. We are not so restricted as that; neither have we "tobacco-blindness." We trust sincerely that *nothing* has blinded our eyes to the needs of a suffering world. Our scope is as broad as man's needs. Our interests and sympathies embrace all that makes for the uplift of man. Our faces are set as a flint against all that drags mankind down. We are preaching the gospel of health: we are teaching the people how to live. We have been given a work to do in the world, and we want you to have a part in it. Can we count on your coöperation? Let us hear. It will help us to know.

We expect the present issue of the GOOD HEALTH to reach 25,000 new readers. That is to say we are printing *at least* 6,000 extra copies, and we think each copy should be read by *not less* than four pairs of eyes. Is this too much to expect? It would be of cheap, trashy papers, but we think it is not of

the GOOD HEALTH. We would like you to see that *this* copy is read by four or five persons. That will be doing *your* part, just as we have done *ours*, sparing neither labor nor expense to make "The Smokers' Number" what it should be.

Now a word about our next issue. The December number of the GOOD HEALTH is to be "The Midsummer Number." It will contain articles of interest to all on the subjects of "Midsummer Hygiene," "Hot Weather Hydrotherapy," "Traveling in Comfort," and "The Ever-Present Problems"—"What Shall We Eat?" "What Shall We Drink?" "Wherewithal Shall We Be Clothed?"

The Home Department is always of interest to the ladies, but in the December number it will be even more than usually helpful. Instruction in the science and art of "Fruit Bottling" is to be a practical feature. Dr. Sisley Richards describes the preparation of "Wholesome Picnic Lunches," giving recipes for a number of toothsome dishes that have not before been published in Australia. A third contribution to the Home Department, is entitled "A Holiday at Home."

The frontispiece of the Midsummer GOOD HEALTH is a work of art in three colors. Such a cut represents the expenditure of a good many pounds, but we believe our readers appreciate improvements, and so we feel justified in spending quite a sum to produce an artistic frontispiece. The Midsummer Number also has an appropriate cover design. We want to make a present of this number to all our new subscribers, and will send a copy free to every reader of the Smokers' Number, who sends in a subscription for 1908 before the expiration of the present year. ORDER EARLY, BEFORE THE SUPPLY IS EXHAUSTED.

The Midsummer Number may be obtained from our regular agents.

Look for "Plans for the New Year" on this page in the Midsummer Number.

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As it is to be

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A Typical Negro Boy from the Tobacco Plantations of the Southern States, U. S. A.

GOOD HEALTH

A Teacher of Hygiene

Vol. 10.

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

No. 11.

GUILTY OR NOT GUILTY ?

TOBACCO stands charged with offences innumerable. Have these grave charges been proven? Is tobacco guilty?

The answers to these questions are of vital importance not only to the half billion men, women, and children throughout the world who use tobacco, but to the other two-thirds of the world's inhabitants as well; for if tobacco does cause all the disease, degeneracy, immorality, and crime said to be due to its use, abstainers must share with users the burden of bearing these evils.

Tobacco has been accused of producing over thirty distinct diseases, besides playing an important role in the causation of scores of others. Is there sufficient evidence against tobacco to warrant this common accusation? Plainly the decision lies with the close observer of cause and effect as related to disease, or in other words, with the physician.

What, then, do physicians say concerning tobacco and disease?

DOES TOBACCO CAUSE HEART DISEASE ?

The gravest charge made against tobacco is that it causes serious disease of the heart. Let us consider the evidence on this point.

According to Dr. William Osler, Regius Professor of Medicine, Oxford University, tobacco is the cause of three groups of heart diseases. On page 842 of the latest edition of his "Principles and Practice of Medicine," Professor Osler classifies these cases as follows:—

"First, the irritable heart of smokers, seen particularly in young lads, in which the symptoms are palpitation, irregularity, and rapid action; secondly, heart pains of a sharp, shooting character, which may be very severe; and, thirdly, attacks of such severity that they deserve the name of *angina*." [*Angina or angina pectoris* is a grave disease of the heart, "characterized by paroxysms of agonizing pain in the region of the heart, extending into the arms and neck. In violent attacks there is a sensation of impending death."] Such a statement from such an authority should forever settle the question as to whether tobacco causes heart disease.

But we have other and still more striking evidence to offer. We may call upon the heart itself to tell its own story of the ill effects of tobacco. Let me call the attention of smokers to the following interesting tracing, which was made by the heart of a confirmed old tobacco-user:



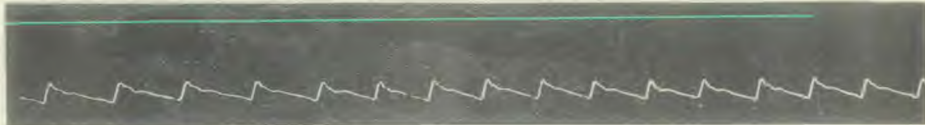
Compare this weak, irregular, tremulous tracing made by the enfeebled heart of the smoker with—



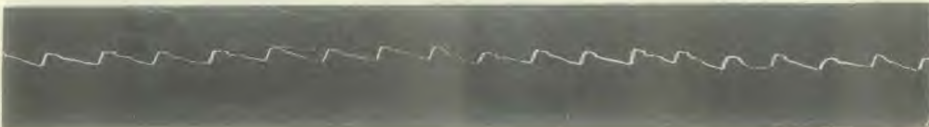
the strong, steady, regular action of the healthy heart shown above. No life insurance company would care to risk any of its capital on the heart that made that first tracing.



The third is the heart-tracing of a man who worked hard until tired, and then took a glass of whisky to stimulate himself. The result is high tension in the curves and general feebleness in the stroke, with nervous tremors. The heart is rapidly wearing out and the uniform activity is breaking up.



The fourth shows the period of reaction from the effects of the alcohol. Note how feebly the blood-stream is driven. Another glass or two, and the heart would fall down exhausted. This is the heart record then :—



Note how weak and slow the impulse is, like the steps of a tottering old man, and how like the record written above by the feeble heart of the smoker. Such exhausted and debilitated hearts are not to be depended upon in any time of strain or stress. Their owners stand a very poor chance of making a good recovery from acute illness or of passing through surgical operations or an accident successfully. Heart disease, heart failure, heart paralysis, and apoplexy are a few of the fatal results of tobacco-using, spirit-drinking, and drug-taking.

DOES TOBACCO CAUSE BLINDNESS ?

Amblyopia, which means partial blindness, or obscurity of vision, is caused by a long list of poisons, among which "The American Text Book of Diseases of the Eye" includes the following, italicizing the most important (page 459) : *Tobacco, alcohol, quinine, ptomaines, tea, coffee, chocolate, coal-tar products, arsenic, and a large number of other drugs.* After enumerating more than forty drugs which sometimes produce *amblyopia*, the writer, who is a well-known Professor of Ophthalmology in the Chicago Post-Graduate Medical School, makes a most significant statement concerning the principle cause of this form of blindness. We quote this statement exactly, italics and all : "*Tobacco, alcohol, and tobacco-alcohol* intoxications present by far the commonest examples of toxic *amblyopia*. It is now admitted that alcohol or tobacco

alone may produce partial loss of vision, but inasmuch as the smoker is usually a drinker and as the alcoholic commonly smokes, we almost always have to deal with mixed examples of intoxication."

The upper of the accompanying diagrams (Fig. 1) shows the visual field of the healthy human eye, with the "blind spots," which are always present, indicated by dots marked *l* (left) and *r* (right). The dot between marked *f* is the "fixation point."

To find the blind spot in the left eye, one has only to close the right, and while looking intently at the white spot (Fig. 2) with the left eye, move the page slowly to and from the face. At a point about ten or twelve inches from the eye the cross is suddenly blotted out to reappear again as the distance is increased or decreased. To find the blind spot in the right eye, the left is closed, and the right fixed upon the cross as the page is moved back and forth. At the proper distance from the eye, the white spot disappears. *Be sure to keep the open eye fixed on the object at the opposite end of the diagram.*

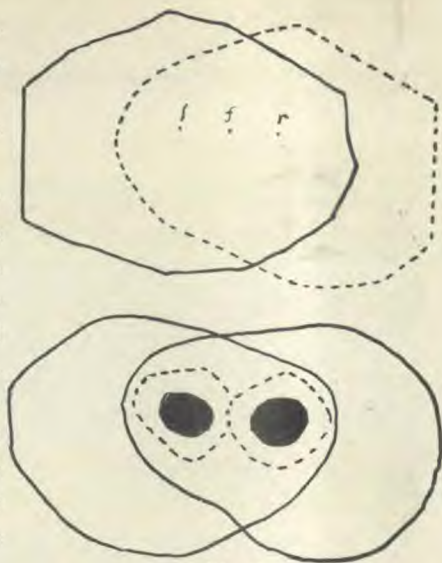


Fig. 1.

The lower diagram (Fig. 1) shows the blind spots in the eyes of a tobacco-user. The patient was a "moderate" smoker. He was sixty years of age, and since the age of nineteen had smoked only four pipes daily and an occasional cigar. He was also a moderate beer-drinker. He was totally blind in the areas represented by the big black spots, and color-blind in the areas enclosed within the dotted lines, not being able to distinguish red from green.

DOES TOBACCO CAUSE BRIGHT'S DISEASE?

When Alexander III of Russia, the father of the present Czar, was found to be suffering from Bright's disease, a number of persons became anxious on their own account. A French medical journal described what happened in Paris at that time. A large number of the business men of Paris went to their physicians, and asked for an examination. This resulted in the revelation that ten per cent. of the active business men of Paris who were apparently in good health, already had Bright's disease.

Dr. Munro, of Scotland, an eminent physician, some years ago tested the urinary secretions of 100 smokers, taking them just as they came, and he found that ten per cent. of them had albumin in the urine. These smokers were already subject to Bright's disease without knowing it.

When a man smokes, the poisons taken in must be eliminated somehow. Part passes out through the lungs, and the odor can be detected in the breath. Some is eliminated by the skin, the perspiration sometimes staining garments yellow. But by far the greater part is excreted by the kidneys, which first become congested, and then degenerated, and diseased, the condition being known as *chronic interstitial nephritis*, or Bright's disease.

And these are only a few of the charges made against tobacco. If time and space permitted, a score or more of other equally serious diseases could just as conclusively as these



Fig. 2.



THE CURIOUS CHEMIST.

I know a man who seems a sort
Of laboratory, or retort.
He fills his still with fusel oil,
Et cetera, and lets the compound boil,
Until 'tis volatile enough,
And then it issues, puff by puff,
From out a fissure in his face,
And seems to permeate all space.

And then he boldly fires a chunk,
Or stick of—well, it looks like punk.
He slips this in the aforesaid vent,
As if it were his full intent
To self-explode—to light the gas
And let destruction come to pass.
To keep this fuse from going out,
He sucks in smoke and spits it out!

He gravely guards this sacred light
From early morn till late at night.
True to his trust, no time nor place
Is foreign to his fuming face,
Yet away, just before the fire
Burns to its limit, his desire
To self-explode is tinged with doubt
And straight he casts the fusee out!

A very curious man, 'tis true;
Of course he's not at all like you?

—*Success Magazine.*

be sheeted home to tobacco. And after all these were considered, tobacco would still be on trial for countless other offences. It is a criminal of the deepest dye, a deceiver and destroyer of man.

Tobacco Insomnia.

MANY brain-workers suffer from inability to sleep. This is frequently met with among those who work late at night. The sufferers complain that they feel most lively just when the time for retiring has come, and that a long period of restlessness precedes a troubled slumber, from which the slightest noise awakens them. This is very often caused almost entirely by tobacco. They smoke just before going to bed, ignorant of the fact that not only may tobacco prevent sleep temporarily, but that it may render it less deep, and consequently less refreshing. A grave responsibility attaches to those who lightly seek to relieve a symptom which is really a warning, by recourse to a dangerous palliative. The inability to sleep is often merely the outcome of an unnatural mode of life, and if this be corrected, the disability disappears of itself. Men who work late, are commonly addicted to the tobacco habit. To them tobacco is not a relaxation after a day's work, but a nerve stimulant which enables them to accomplish tasks which would otherwise be difficult of accomplishment.

When the mouth becomes dry, alcohol in some form or other is resorted to as a fillip to enable the smoker to tolerate still another cigar or two. Under these circumstances, tobacco acts as a cerebral irritant, and interferes with the vaso-motor centres of the brain to such an extent that the vessels are unable to adjust themselves forthwith to the condition required for healthy and untroubled sleep. Total abstinence from tobacco would save many from this distressing condition of chronic insomnia. Under no circumstances should relief be obtained through the use of drugs.

REPORTER: "To what do you attribute your great age?"

Oldest Inhabitant: "I hain't sure yet, sir. There be several o' them patent medicine companies as is bargaining with me."

Confessions of an Old Smoker.

How Tobacco Affects the Mind.

"THE effects of tobacco upon the mind are in some measure analogous to those produced by opium. At first there is a feeling of pleasurable excitement, which, *for a time*, does unquestionably aid the inventive and imaginative faculty. But the *ultimate* and most *lasting* effects must be taken into account, and these my own experience has proved to be evil, and only evil; for the brain is rendered all the more feeble and apathetic *in its general state* by the *temporary* excitement produced by tobacco. I found a pipe or two very helpful for any great effort—very stimulating while the immediate effect of the weed was felt; but I was conscious that when *that* had passed away, I was left with a brain less disposed to mental effort than ever. And it has become clear to me that, in the *whole of its influence*, the pipe is unfriendly to *general mental activity*. The man who smokes will do, in the gross, less intellectual work than a man of the same capacity will do who abstains from tobacco.

"I write positively on this view of the question, because experience has demonstrated the truth of what I affirm. It is a complete delusion to smoke with a view to increase the amount of brain work. How clearly is this proved by the simple fact that, without their pipe, confirmed smokers can do nothing! Set them to work, poor fellows, on some knotty and difficult question, and deny them their pipe, and their brain will refuse its office; their mental faculties will be as cloudy as the smoke in which they love to luxuriate, and they will soon lay down the

pen in despair! They must have their pipes to *stimulate* their brains! They must smoke until the deadly, unnatural narcotic has done *its* work, and then they can do *theirs*! This is no caricature, but a true picture. But what is the result (the whole result, I mean)?—Why, that the brain is becoming more and more enfeebled, and its ordinary standard of activity diminished by every repetition of the temporarily exciting process.

"I was thunderstruck by observing how often the predictions of medical men were fulfilled in cases in which they had warned inveterate smokers of the mischiefs that would ensue from their devotion to the habit. I observed that many great smokers became prematurely old and infirm; that others were the victims of nervous petulance and irritability; that some became confirmed hypochondriacs; while many sank under that baneful malady, softening of the brain, and became idiots for the rest of their days! Tobacco has done all this in the cases of several Christians and ministers of the gospel. It has destroyed many a brain and many an intellect that has been devoted to the study and elucidation of eternal truth. It was the *false* idea that I should be able to get through more mental work in my lifetime, if I smoked, that led me to devote myself to the practice; but it was a deep conviction, slowly and most unwillingly formed, that by smoking I was enfeebling my reason and sapping the energies of all my mental faculties, that eventually enabled me to abandon that habit."

The Cigarette Habit and Its Nearest Relatives.

BY DR. DAVID PAULSON.

SOUL and body destroying practices generally flourish in groups. The cocaine habit rarely exists without the morphine habit. Who has met a victim of the liquor curse who is not also a slave of the tobacco habit? These evils and many others spring from the same root—a desire to secure unearned felicity. They are often used to smother the unbearable cravings of a nervous system that has been abused by irritating foods and unwholesome drinks.

Who has not seen a mother feed her only boy veritable mustard plasters in the form of juicy beefsteaks covered over with more mustard or other fiery spices than would have been required to raise a blister if applied to the outside? Such a dietary almost invariably produces an irritation of the nervous system which the mother's well-recognized persuasive powers cannot influence. Nothing that the boy is acquainted with, will soothe those restless and harrassed brain

cells like the paralyzing and bewitching influence of the deadly cigarette.

In those whose tendencies and susceptibilities are different, such an unphysiological diet will create a thirst that cannot be quenched at the town pump. Nothing will just satisfy it except the liquor from the village saloon.

Frances Willard recognized the possibility of eating for drunkenness instead of for strength when she said "that the kitchen was often the vestibule of the saloon." Unquestionably the unscientific cook, blinded to the evil possibilities of an unwholesome and irritating dietary, is frequently in partnership with both the saloon-keeper and the undertaker, for she makes more business for both than is ordinarily recognized.

One of Chicago's best-known physicians recently wrote: "Tea and coffee are just as harmful to the growing boy and girl as tobacco." Yet how often children, before they are scarcely out of the cradle, when

they ought to be fed only the simplest and most wholesome food and drinks, are introduced to the mild, stimulating effect of these beverages. Is it any wonder that they should a little later demand the temporary, unearned good feeling afforded by the cigarette, and a little later naturally graduate to the intoxicating cup?

Let us by all means rally our forces to crush the great cigarette evil, ere it shall have poisoned the very best life blood of the rising generation. But while we are doing this, let us not forget that any given poison habit, like any given crime, rarely manifests itself single-handed, but is generally found in pairs, trios, or even in quartettes, and they are frequently the outgrowth or effect of more or less unobserved causes.

Both science and revelation unite in declaring that "whatsoever a man soweth, that shall he also reap." If we want to avoid a harvest of thorns and thistles, let us see to it that we avoid sowing this seed, no matter how harmless it may appear to us.

Why Boys Smoke.

TOBACCO is a slow, insidious, but most malignant poison. In whatever form it is used, it tells upon the constitution; it is all the more dangerous because its effects are slow, and at first hardly perceptible. It excites and then paralyzes the nerves. It weakens and clouds the brain. Often it affects the nerves in a more powerful manner than does intoxicating drink. It is more subtle, and its effects are more difficult to eradicate from the system. Its use excites a thirst for strong drink, and in many cases lays the foundation for the liquor habit.

The use of tobacco is inconvenient, expensive, uncleanly, defiling to the user, and offensive to others. Its devotees are encountered everywhere. You rarely pass through a crowd but some smoker puffs his poisoned breath into your face. It is unpleasant and unhealthful to remain in a railway car or in a room where the atmosphere is laden with the fumes of liquor and tobacco. Though men perish in using these poisons themselves, what right have they to defile the air that others must breathe?

Among children and youth the use of tobacco is working untold harm. The unhealthful practices of past generations affect the children and youth of to-day. Mental

inability, physical weakness, disordered nerves, and unnatural cravings are transmitted as a legacy from parents to children. And the same practices, continued by the children, are increasing and perpetuating the evil results. To this cause in no small degree is owing the physical, mental, and moral deterioration, which is becoming such a cause of alarm.

Boys begin the use of tobacco at a very early age. The habit thus formed, when mind and body are especially susceptible to its effects, undermines the physical strength, dwarfs the body, stupefies the mind, corrupts the morals.

But what can be done to teach children and youth the evils of this practice while parents, teachers, and ministers set them the example? Little boys, hardly emerged from babyhood, may be seen smoking their cigarettes. If one speaks to them about it, they say, "My father uses tobacco." They point to the minister or Sunday-school superintendent, and say, "Such a man smokes; what harm for me to do as he does?" Many workers in the temperance cause are addicted to the use of tobacco. What power can such persons have to stay the progress of intemperance?—*Ministry of Healing.*

STEPPING IN FATHER'S TRACK.

All through night's weary darkness, snowy flakes
In eddy whirls had filled the wintry air;
As noiselessly as Time our blossoms takes,
They drifted here and there.

And when the glowing, rosy-hearted morn
Awoke earth's sleeping denizens anew,
Behold! the snow upon the night-winds borne,
Had buried streets and lanes from view.

But yonder farm-house, like a ship at sea
Becalmed with all sails set, awoke to hear
The low of kine, flocks bleating to be free,
The while the day draws near.

The farmer, anxious for his troubled herd,
With sturdy stride the trackless snow-drifts
passed;
By their great need to strong exertion spurred,
He reached the fold at last.

His gladsome son exulting darted on,
Swift as an arrow from an arched bow;
"I'll go," he shouted, "where my father's gone!
I care not for the snow!"

He stumbled, struggled, fell: yet still he tried;
For pride or courage stayed his turning back,
Until a new thought dawned: "I'll go," he cried:
"I'll step in father's track!"

How many glorious victories have been won,
How many from temptation have turned back,
Defying evil, just because a son
Would step in father's track.

How should you walk, O fathers, lest too late
You strive to call some erring wanderer back!
For precepts best on those examples wait
That leave the brightest track.

So live that when the deepening snows of age
Shall hold your failing strength in bondage
back,
Your children's best and noblest heritage
Shall be your shining track.

And when the household and the hearth are
gone,
And tender tones and looks may not come
back,
Your mantle may long rest upon the son
Who steps in father's track.

—Louise S. Upham.

We have departed from the natural simplicity of our forefathers, and are therefore compelled to leave behind us the natural strength of constitution which they possessed.

Fiery spices create a thirst that the town pump cannot satisfy: thus the kitchen becomes a vestibule to the saloon, and the cook goes in partnership with the undertaker.

Stop Smoking!

Imitate Royal Example.

KING EDWARD by advice of his physician has given up tobacco. He had reached the point where the degenerative effects of chronic nicotine poisoning became alarming. It was said that at the opening of Parliament his face was ashen pale, and his voice so feeble as sometimes to be scarcely audible; and the reading was accompanied by deep gasps for breath, an evidence of heart weakness. But the king



has proved himself a ruler indeed by demonstrating that he possesses the power of ruling himself. In this he has set a worthy example for his many tobacco-using subjects to follow. Reforms, to become universal, must begin with those in positions of influence. The king's health has greatly improved since he stopped smoking.

When a man has fever, he has lost his power to digest food, yet he really needs nourishment more than a well man. Therefore we must feed him on foods so nearly digested that they can be assimilated without any special digestive work. In fruits the sunlight has digested the starch by changing it into sugar, so that it can be absorbed without any special effort on the part of the body. That is undoubtedly the reason why the instinct of the fever patient leads him to beg for fruit.

Tobacco-Amblyopia, or Tobacco-Blindness.

BY WALTER FLEGELTAUB, D.B.O.A., REF.D., F.R.C.I.

THE subjects of tobacco-blindness are usually men over thirty years of age who have been in the habit of smoking strong brands of tobacco. The pernicious effects of excessive smoking are increased by the use of alcohol, although teetotal smokers are victims of the complaint.

Tobacco-blindness comes slowly and insidiously. The person affected first becomes aware of the increasing dimness of his eyesight, then of sensitiveness to light, so that he likes to sit in a shady room, to read by a shaded light, and to wear smoked glasses when he goes out. The sight is easily fatigued, both eyes being equally affected.

The patient then resorts to spectacles, purchases a pair, but finds that they are of no use to him. His vision for reading, writing, or close work gradually fails. He complains of not being able to work so hard as he used to, of palpitation of the heart, and of other dyspeptic symptoms. He will not fail to put down all of his troubles to the loss of his eyesight, never for one moment believing the cause to be the use of tobacco.

The eyes generally appear as usual, but on testing the vision, its range is found to be far from normal. Both far and near objects now become indistinct, and the patient speaks of misty vision, or of "seeing through smoke." The vision may be so much dimmed that objects which the normal eye sees clearly 200 feet away, require to be brought within a few feet of the patient. Color-blindness is a common symptom, there being inability to distinguish red from green.

If the smoking habit be given up, the drinking stopped, and the patient put on a suitable regimen as regards diet, etc., he should rapidly improve; and in a few weeks' time he should begin to realize that his vision is getting better. The treatment must be continued for some time.

There is an old story told of a patient who would not follow the advice of his physician that the total abstinence from tobacco was necessary to affect a cure, and as he naturally did not make any improvement under this physician's care, he was persuaded to consult another one. The second physician, seeing how the land lay, said that he did not consider the total abstinence from tobacco necessary, but laid stress upon the *kind of pipe to be smoked,*

and warned his patient that the only safe pipe for him was a brand-new church warden. As this gentleman led an active out-door life, in which he invariably carried "My Lady Nicotine," this curtailment in the choice of pipe worked wonders with him. After a few months, without realizing that he had been deprived of his tobacco, he made a good recovery.

It should be stated that in the treatment of the disease, the eyes should be given as much rest as possible. This is done by abstaining from close work, avoiding bright lights, and by wearing smoked glasses or a large shade.

96 King Street, Sydney.



ONE AND INSEPARABLE.

The Cigarette: "Wherever you go, I am sure to follow."

The Bottle: "And where you've been, I'm always quite at home."

The most successful time to cure a disease, is before it begins.

Tobacco and the Bible.

THE Bible warns against introducing into the fine and complicated human mechanism any poisonous substance whatever, and pronounces heavy curses upon the one who offends on this point.

A much-overlooked reference to this matter, is found in Deut. 29: 18-22; namely,—

"Lest there should be among you man, or woman, or family, or tribe, whose heart turneth away this day from the Lord our God . . . lest there should be among you a *poisonful herb* (margin); and it come to pass, when he heareth the words of this curse, that he bless himself in his heart, saying, I shall have peace, though I walk in the *stubbornness* (margin) of mine heart, to add drunkenness to thirst: the Lord will not spare him, but then the anger of the Lord and His jealousy shall smoke against that man, and all the curses that are written in this book shall lie upon him, and the Lord shall blot out his name from under heaven. And the Lord shall separate him unto evil out of all the tribes of Israel, according to all the curses of the covenant that are written in this book of the law: so that the generation to come of your children that shall rise up after you, and the stranger that shall come from a far land, shall say, when they see the plagues of that land, and the sicknesses *wherewith the Lord hath made it sick.*" (margin.)

Here we have the growing and the using of a "poisonful herb" associated with drunkenness, and the consequent production of disease. Tobacco, being the most "poison-

ful herb" known, and the one most universally used and associated by mankind with the drink habit, certainly could not be excluded from this Scripture denunciation. If it cannot be excluded, then tobacco growing, using, and selling are here denounced, and in a few brief words the evil results are portrayed before the Bible reader in unmistakable warning. If it does not apply to tobacco, will some wise interpreter rise up, and tell us what it does mean?

The Bible, the book which the English pride themselves upon for having carried it to the great majority of other nations, being so strong in its denunciation of the use of "poisonful" herbs and drunkenness; and the English merchant being the man who introduces to these same nations the practice of using the "poisonful" tobacco, and drinking the "poisonful" alcohol; and the whole world being witnesses of the baneful results in the increasing sickness, which is rapidly destroying the native races, and lowering the high moral and physical tone of the white races,—is it not time that this evil and inconsistency should be recognized? and, in harmony with the Book we honor, should we not arise, and banish this "poisonful herb" from our land and markets? China and Japan have set us a noble example in dealing with a less "poisonful herb"—the opium-producing poppy. Let us inaugurate a crusade against the nicotine-producing weed. Let us unite in removing the curse from our name and nation.

G. B. STARR.

Anti-Tobacco Legislation.

WHAT OTHER COUNTRIES ARE DOING.

MANY countries throughout the world prohibit juvenile smoking. Japan, one of the most progressive of nations, passed a law five years ago prohibiting persons under twenty from using a pipe or cigarette. If they are found smoking, the police confiscate "the instruments" and the tobacco; while parents and guardians permitting their charges to smoke, and tobacco dealers selling that narcotic to a youth, are fined. Such a law is more noteworthy when it is remembered that tobacco in Japan is a State monopoly.

Preventive Act in South Africa.

Quite recently the South African Legislature has promulgated an Act based on the

report of last year on Physical Deterioration, and known as the "Youths' Smoking Prevention Act." It renders the getting by, or supplying of tobacco to, any person under sixteen unlawful and subject to a fine, except on production of a written order from the guardian or employer; while the use of tobacco in any form by pupils under sixteen is punishable as a school offence.

Age Limit in America.

In the United States the use of tobacco is prohibited to children in forty-seven States and Territories out of fifty-three. The age varies. In Maryland it is fourteen, the only State where the limit is so low; in Alabama

it is twenty-one; in the District of Columbia, sixteen; in the Hawaiian Islands, fifteen. The average age appears to be sixteen, this limit prevailing in twenty States; but in Louisiana, Idaho, Georgia, Vermont, Washington, and some other States—ten in all—it is as high as in Alabama. Three States, place the age at fifteen, three at seventeen, eight at eighteen; while from six, including the Indian Territories, there are no returns available. Moreover, in thirty-five States instruction on the evils of tobacco-smoking is given in the common schools under State supervision.

With regard to our own Colonies, in addition to Cape Colony, juvenile smoking is prohibited in Prince Edward Island under the age of sixteen; also in Nova Scotia, N. W. Territory, British Columbia, and Quebec, under the same age. In New Brunswick and Ontario the age is as high as eighteen, and in Tasmania as low as thirteen—the lowest age of restriction as regards tobacco-use, we believe, in any country.

Work of the Anti-Tobacco Society.

It may be a surprise to many people to know that at home, juvenile smoking is prohibited under the age of fourteen in the Channel Islands and the Isle of Man; and the Scottish Anti-Tobacco Society, together with the British Anti-Narcotic League, is working hard to obtain similar legislation for the United Kingdom, the age of prohibition proposed being sixteen.

In order to strengthen their case, Mr. W. Todd, the Secretary of the Scottish Society, has gathered a number of returns,—from which the above facts are taken,—and has also entered into an extensive correspon-

dence with consuls and ambassadors in various parts of the world.

The net result shows that juvenile smoking is prohibited in some Continental countries, as well as in the States and the Colonies already referred to. Austria prohibits boys attending the lower classes in all schools from smoking; Germany and Russia also have restrictive rules; Italy does not allow smoking by school children; Portugal has made smoking a punishable offence on board training ships and in colleges for military cadets of tender age, and prohibited it in primary schools. While Norway has passed an enabling Act empowering municipal authorities to forbid the sale of tobacco to children under fifteen, it is not yet clear that such prohibition has been made, though the municipal school rulers forbid smoking by juvenile members in public places.

The propaganda against juvenile smoking in Britain has now been fully launched, and its promoters declare that the best men in the tobacco manufacturing trade have frankly admitted that juvenile smoking should be stopped. The primary object is, as we understand it, legislation on the lines of the Report on Physical Deterioration.—*London Daily News*.

[Speaking of an ordinance now pending in Chicago, which totally prohibits the sale or giving away of cigarettes, the Superintendent of Compulsory Education says:—

“The pending ordinance is none too drastic to accomplish what is needed. The only way to kill a snake is to hit it on the head, and not simply ‘scotch’ it. The only way to stop the boys smoking is to stop the sale of cigarettes entirely.”—ED.]

How to Get Rid of the Habit.

BY D. H. KRESS, M.D.

ALL tobacco-users have an unnatural craving for a narcotic; this craving may be satisfied with tobacco or some other drug. Some who have strong wills or have learned to lay hold of divine aid, manage to give up tobacco in spite of this craving. But many a man has attempted and failed in the effort to abandon its use. No one can appreciate how difficult it is to give up the habit but the devotee himself.

But why does this craving exist? It is certainly not a natural instinct. If we can ascertain this, and remove the cause of it, it

will make it easier for *all* to abandon tobacco, and possible for those who have found it impossible. Irritating and stimulating foods and drinks are frequently directly responsible for this unnatural craving, and therefore indirectly responsible for the tobacco habit.

It is a noticeable and significant coincident that in countries where flesh foods and highly seasoned foods are freely used, alcoholic beverages and tobacco are also freely used. That flesh food creates a craving for alcohol is recognized by saloon and public inn-keepers everywhere. Frequently you find connected

with these places a free lunch counter. This free lunch is not served for the benefit of the poor, but for the benefit of the inn-keeper. Let us take an inventory of this table. What do we find on it? Apples, peaches, plums, etc.—No. It is laden with pigs' feet, ham, salt fish, sausages, liver, and other highly seasoned foods. Experience has taught the proprietor that such foods create a craving for a stimulant, and therefore lead directly to the bar for a drink. It is also in such places that tobacco is most freely used.

A diet free from flesh is bound to result in a decreased desire for alcoholic drinks and tobacco. Dr. Haig classes flesh foods with such stimulants as morphine, cocaine, and alcohol. He shows that flesh meats produce a craving for stimulants of every kind. On the other hand, the free use of fruits will, in time, destroy all taste for alcohol and tobacco. *It is impossible for a smoker to live exclusively upon peaches, oranges, pears, or grapes, for one entire week, without losing partially or entirely the desire for tobacco. In fact, it is practically impossible for anyone to cultivate a desire for fruit and a desire for tobacco at the same time, for one antagonizes the other.*

The following, which appeared in the London *Clarion*, giving the experience of the editor, demonstrates the above. He says: "I have just turned vegetarian. The change was sudden. I felt one day that I could not eat flesh any longer. And I have not the least intention of ever eating flesh again. My friends are surprised; so am I. But whereas they are surprised that I have adopted a vegetarian diet, I am surprised that I have not done it years ago. In one way the effects of a vegetarian diet have surprised me. I have been a heavy smoker for more than thirty years. I have often smoked as much as two ounces of tobacco in a day. I don't suppose that I have smoked less than eight ounces a week for a quarter of a century. If there was one thing in life I feared, it was that my will was too weak to conquer the habit of smoking. Well? I have been a vegetarian for eight weeks, and I find my passion for tobacco is weakening. It is astonishing. I cannot smoke those black pipes now. I have to get new pipes and milder tobacco, and I am not smoking half an ounce a day. It does not taste the same; I am not nearly so fond of it. I am told this is quite common."

I recall among others a case that came under my own observation. The patient, who was the president of a city railway in one

of the largest American cities, came to be treated for ulceration of the stomach. He was an inveterate user of tobacco. After I pointed out to him the injurious effects of the tobacco habit, not only upon himself, but also upon his wife and child, who were compelled to breathe the nicotine constantly thrown off by him, and who were both in ill health, he said, "I will give it up." From the time he first began treatment, tea, coffee, and cocoa were withheld. His diet was simple and non-stimulating, consisting wholly of well-prepared grains, nut products, and the free use of fruit; some vegetables at times were taken in place of fruits. He was upon this food for six weeks. The day before he left the sanitarium, he called at my office and said, "Doctor, I have just returned from the city; on the way I passed a man smoking a cigar, and the smoke was actually offensive to me." I am confident that the exclusion of pepper, mustard, vinegar, pickles, and other substances which smart and bite, and the use of the simple non-irritating products of the earth as food, afford the most valuable aid in connection with the prayer of faith in overcoming the tobacco habit.

The following testimonial I received just as I was writing the above. It is only one of many similar cases.

"Mr. McG— says: 'I was a smoker of tobacco for forty-two years, also a heavy drinker, and was crippled up with disease. After abandoning meat and tea for three months it seems wonderful to me that I have no craving for tobacco or drink, and I also find that with a pure dietary I have no need of drugs or patent medicines.'"

Another gentleman, who had promised to give up tobacco while under treatment at the Sydney Sanitarium, but found himself unable to do so, concluded he could never give it up, that it would be useless ever to make another attempt. But six months later he said to me: "After discarding tea and meat, I made no effort to give up tobacco. In fact, I received so much comfort from its use that I felt no desire to give it up. Gradually I lost my relish for it. At first I thought there was something the matter with the brand of tobacco I was then using, so I purchased another kind, but that tasted no better. I then tried still another, with similar results. It then dawned upon me that I had lost my craving for tobacco." At the time I met him next, he had not used tobacco for over a year, and felt no desire or inclination ever to do so again.

The Home Department

Conducted by Mrs. E. Sisley Richards, M.D.

An Anti-Narcotic Menu.

A CLOSE relation exists between the eating of highly seasoned food and the craving for narcotics, a relation which is not generally understood either by housewives or by those who indulge in stimulants.

The confirmed smoker may not believe that his habits of eating have anything whatever to do with his desire for the pipe, but let him endeavor to do without smoking for a time, and he will soon realize that certain highly seasoned dishes make him feel that he must have his after-dinner smoke, while a simple non-stimulating meal makes it comparatively easy for him to abstain.

while they themselves are ignorantly placing upon their tables such foods as make the taking of stimulants an almost irresistible temptation to their husbands. Hundreds of mothers are daily praying that their sons may be kept from following in their father's footsteps, when in reality the power to answer their prayers lies largely with themselves.

Every wife and mother should study to provide her family with such wholesome, yet palatable, food as will meet every requirement of the body without creating unnatural longings for stimulants and narcotics. Since flesh foods contain a large per cent. of stimulating extractives, they are best excluded from the anti-narcotic menu. Condiments must also be discarded. In all the realm of things good to eat and drink, there is nothing which exerts so great an influence against narcotics as fruit. Consequently, fruits, either fresh or stewed, should constitute an important part of the anti-narcotic dietary.

The person long accustomed to taking highly seasoned foods and stimulants, will at first find this simple dietary lacking in "tastiness;" but as his nerves begin to return to their normal condition, he will soon partake of his simple fare with a true relish unknown in the former days.

The accompanying menu is suggested with the hope that it may be helpful to the many housewives who desire to make the path of temperance a pleasant one for their husbands and sons.

Following are instructions for preparing some of the dishes. From time to time other recipes and suggestions will appear in this department of GOOD HEALTH magazine.

Recipes.

WHEATMEAL ROLLS.—Recipe given in June number of GOOD HEALTH.

BAKED BANANAS.—Select sound fruit, remove from the skins, dip in milk, roll in bread crumbs, and bake, until nicely browned, in an oiled tin. Serve hot.

STUFFED LOAF.—Choose a nicely shaped loaf of white bread (not too large). Remove a slice

Breakfast.

Corn Flakes. Cream.
Poached Egg on Toast.
Bread. Wholemeal Rolls.
Baked Bananas.
Fresh Cherries. Strawberries.

Dinner.

Asparagus Soup.
Stuffed Loaf. Chili Sauce.
Mashed Potatoes.
Green Peas.
Pineapple Custard.

Tea.

Fruit Salad.

There is a physiological reason for this intimate relation between food and narcotics. If condiments and richly seasoned foods are taken into the stomach, the blood becomes feverish. The blood in turn bathes all the delicate nerve structures, leaving them in an irritable, congested state. The result is an unnatural craving, which will frequently be satisfied with nothing less than a cigar or a glass of whiskey.

Hundreds of wives are earnestly hoping that their husbands may one day give up such harmful practices as smoking and drinking,

from one end, and cut out the centre of the loaf, leaving only a shell about one-half inch thick. Soften the bread removed with a little hot milk, add some nut cheese or protose finely minced, one or more eggs, salt and grated onion to taste. Put this dressing back into the loaf, packing it in firmly and replacing the slice first removed. Then bake for two hours in an oiled dish, basting frequently with nut milk, obtained by rubbing smooth a little nut butter in cold water. Serve with *Chili Sauce*, which should be made as follows: Take one tin of tomatoes, strain to remove skins and seeds. Add one-half teaspoonful salt, one dessertspoonful sugar, the juice of two lemons, a little of the grated rind, the juice of one onion,

and one bay leaf, or a little celery, as preferred. Boil gently until thick and tasty. This is an excellent substitute for the objectionable sauces so frequently used with meat dishes.

PINEAPPLE CUSTARD.—Prepare a custard in the ordinary way, boil it, and when cool, pour it over fresh pineapple which has been cut into dice and slightly sweetened.

FRUIT SALAD.—Use well-ripened bananas as a basis of the salad (or peaches if in season). Pineapple, peaches, pears, or any juicy fruit can be used with the bananas. Slice the fruit carefully, and arrange in layers in a glass bowl. Serve cold with sugar and lemon juice.



Family Reforms.

"FRED, I must have some money this morning. I am ashamed to wear that hat another time to church. I felt as if everyone was looking at me last Sunday, and I made up my mind I wouldn't go again till I had a new one. But Mrs. Tolliver will be here next week, and I can't make that an excuse for not taking her, and I know she wants to hear Dr. Clarke."

"I haven't a sovereign to my name, Genie, and you'd want as much as that."

"Why Fred! you had three of 'em, I know, just the other evening."

"Yes, but there was the grocer's bill—just a pound—and the wood, and I paid the office boy ten shillings."

"Well, but you must have more than a pound then, or as much anyway. What became of the rest?"

"The rest? Let's see,—why, cigars, I guess."

"I knew just what you'd say. That's the way it always is. The new dress I ought to have had, went up in smoke, and so did my gloves and a good many other things. You are the most selfish creature! If you would smoke less cigars, you would have the money for some of the many things I really need."

"If you would drink less tea, you wouldn't be so cross."

The front door closed with a bang just then, as Fred stalked out and officeward, with his hat drawn low on his forehead, while Eugenia, with flushed cheeks and brimming eyes, pushed back the cup of strong tea that the heat of their discussion hadn't been able to keep warm.

"The idea of comparing my tea with his cigars! Why, it doesn't cost a tithe. It's the one luxury I get; for, just as I said, all the rest, and even necessities, go up in smoke. But Fred can be so aggravating!"

But say what she would in self-justification, the idea kept constantly recurring to her all that day, "I wonder if tea really does make me cross? for I think I *am* more touchy than I used to be. Where was it I read that tea was an irritant—no, stimulant—well, perhaps both; for it must be an irritant if it makes me irritable, and its being a stimulant accounts for my always feeling so much stronger and livelier when I take it, and so wretchedly weak and 'all gone' when I don't. I wonder if Fred really meant what he said. Why, if I thought I was very cross, and that tea made me so, I do believe I would go without it. It would be hard, but I believe I could."

And so Eugenia and her better self held counsel all day, and not that day only, but several, for Fred was out of town on business. She was quite a sensible little body, after all, and inclined to pry into things. So she hunted up several articles on the tea habit, pro and con; and not only read them, but thought about them, and applied their arguments to herself.

"This writer certainly tells the truth," she said decisively, shutting the book with some vigor. "It is only one form of drunkenness; the principle is just the same. I have always felt out of patience when I heard of men who wouldn't stop drinking because they said they couldn't. I see something how it is, now, and I'll stop while I can. I will not be tied to any habit."

So Eugenia reasoned; and good intentions were apt to be put in practice at once with her, not laid on the shelf till some more convenient season. To know was to act.

Fred, strange to say, for all his tobacco-using, had a profound contempt for tea; not from any thoroughly hygienic principle, however, but because to him its use seemed relegated by nature to the "women folks," and because he had formulated an idea which he thought was the only properly hygienic one. "Tea," he argued, "is irritating in its effects; tobacco smoke is highly soothing" (Fred, unlike most tobacco-users, was proverbially good-natured); "therefore it is patent that there is no harm in cigar-smoking, but that humanity derives great benefit from it; while in tea-drinking there is great harm to humanity, and no benefit." (He had often hectorated Eugenia about what he called her "teapot tempers.")

Eugenia concluded she would say nothing to him of her new resolution, but see which

he would notice first—the absence of the teapot or the absence of the tempers. But Fred's quick eye noticed the loss of the little Chinese affair that had invariably ornamented the place opposite him, and his first remark was:

"Out of tea, Genie? or did you forget to make any? Didn't know you'd be so pleased to see me back that you'd lose your head to that extent. Hurry up, I'll wait till it draws."

"Oh, I've given up drinking tea."

"How long since?"

"About a week."

"Oh!"

Fred looked pretty thoughtful. He said not another word about tea, and Genie thought he had forgotten it. But he was making mental calculations to see how nearly that date would coincide with the one when he made that ugly speech about her being "cross;" for Fred's conscience, too, had been troubling some, and he had admitted to himself more than once that Genie was half right.

He did send too much money up in smoke—money that he should have given her for things she really needed. She looked quite shabby now, compared with the time he first met her; or rather, her clothes did; Genie herself looked prettier than ever, he thought loyally, glancing up at the bright brown eyes and the smooth cheeks with such a happy flush on them, surmounted by a halo of fair hair that curled and waved bewitchingly over a low white brow.

They chatted of this and that till breakfast was over; then, just as he pushed back his chair, Fred asked abruptly, "Say, Genie, have you got that chicken-fixing you wanted for your head yet? Here's a couple of pounds for it and something else, and he flipped two coins across the table in such an unconcerned way that one might have thought that he had any number of them stowed away in the depths of his capacious pockets.

"But can you spare it, Fred?"

"Oh, yes! I did a little extra while I was off." (Some of that money was to have bought a fresh box of cigars that very afternoon. He had intended to give her just a pound, but somehow the two came easier.) "Be sure to get a pretty one, pretty as those you used to wear before we were married," and he kissed her smiling mouth, so temptingly near.

And that didn't end it for Fred. He wanted—oh, how he did want!—a cigar to

Continued on page 228.

CHATS WITH THE DOCTOR.

42. **Plasmon.**—Subscriber, Chillagoe: Can you advise me as to where I can get a food called Plasmon? *Ans.*—The makers of Plasmon state that it may be procured from any grocer. This may be true in England, but probably is not true for Australia. The product is prepared by a London company; you could get all particulars from them, or no doubt could obtain it from a health food agency in Melbourne or Sydney.

43. **Headaches Due to Eyestrain.**—J. L. K., Wanganui, N. Z., suffers from fearful headaches caused by bright light and by reading music, and wishes to know if glasses are necessary. *Ans.*—The headaches are no doubt due to an oversensitive condition of the optic nerve, which is probably complicated by some error of refraction causing eyestrain. The headache will probably be relieved by properly fitted glasses, slightly smoked perhaps to shut out excessive light. Consult a competent oculist, or better, an ophthalmic surgeon.

44. **Medicine for Cardiac Disease.**—"Digitalis," Sydney, is troubled with weak heart. He says, "The valves of my heart compel me to take the usual medicine. I am advised to throw physic to the dogs, and would do this but am compelled to work and keep up. I cannot do this without the help of the doctor's medicine. What am I to do?" *Ans.*—Digitalis, alcohol, strychnia, and the various other heart stimulants are frequently compared to the goad with which a tired animal is urged along, and the comparison is a very fair one. The carter may urge that his horse is compelled to work and keep up, and that therefore he must use the goad, but the policy is a very short-sighted one. It would be far better to rest the weary animal, and by proper feeding and care so increase his vitality as to enable him to do the work without the goading. No one would contend that the goad supplies any energy; neither do heart stimulants. In either case, the last little bit of energy is abstracted by means of the "tonic," and the organ or animal left in a too exhausted condition to be recuperated by the night's rest. This is why "Digitalis" always feels weak and tired in the morning, and is unable to make the slightest exertion without feeling exhausted. He says, "After having a dinner at 6 P. M., I feel like going to bed and never raising myself." That

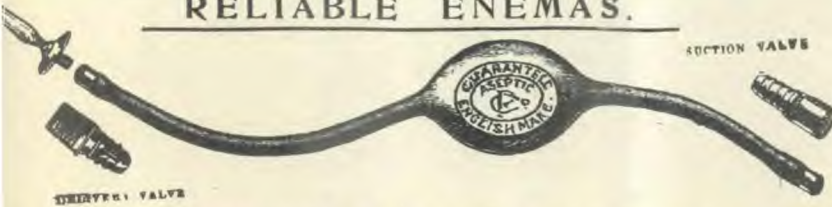
feeling is due to the simple fact that the amount of energy required to digest the six o'clock dinner is actually more than "Digitalis" possesses, so of course he has none left to operate his mental machinery and move him about. Unless "Digitalis" adopts a more business-like policy, he will very soon be a nervous bankrupt. He should wisely invest what little energy he has. This may be done by careful thought and planning even while continuing at work, but may be better done by ceasing work and going to some institution which makes a business of giving physical bankrupts a fresh start. "Digitalis" makes a number of confessions beside the admission that he takes a six o'clock dinner and is unable to control himself, which show conclusively that he is incompetent to undertake the treatment of his own case, and would do well to place himself in the hands of a conscientious health trainer. This is what he should do.

45. **Relaxed Throat.**—A. S. H., Brisbane: What is the best treatment for relaxed throat? Sometimes the voice goes altogether. Is it likely to develop into consumption? It has been troublesome for two years. *Ans.*—The treatment for relaxed throat consists of: 1. Corrected dietary to relieve relaxed condition of the stomach which is usually associated with relaxed throat. 2. Exercise for the development of the muscles of the neck and relief of throat congestion. 3. Exercises to strengthen the vocal cords and improve breathing and voice production. 4. Tonic baths to improve the resistance of the skin to cold. 5. The free use of water and fruit juices to cleanse the blood and render it sufficiently fluid to flow freely through the capillaries and venules, so that it will not tend to collect in the relaxed tissues of the throat. 6. Relief of constipation, removal of

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post-nasal growths, enlarged tonsils, or other associated troubles. 7. Local treatment, such as hot and cold compresses, salt water gargles, etc., to increase the local resistance and improve local health. It is possible for a person who has long suffered from relaxed throat ultimately to contract some form of tuberculosis (consumption), the diseased condition of the throat permitting the germs of this disease to gain entrance to the blood.

46. **Granose for Infants.**—B. H. B., Palmerston, N. Z.: You constantly advocate in your columns, granose flakes for infants. A month ago I changed my baby's food to porridge made of granose flakes, and she has come out in spots like ringworm on her body. She is a healthy child of one year, and has always been fed on Mellin's food till she reached this age, when I thought she ought to be put on harder food, and began to discard the bottle. She is now getting two bottles of Mellin's and milk, one at 10 P. M., and one at 7 A. M., and three meals of granose flakes. Could the granose flakes made with milk be too heating a diet? We have lived a great deal on your foods for the last five years, and have found them most successful. *Ans.*—The skin rash is due to fermentation acids and other products of imperfect digestion which have been taken into the blood. The digestion is deranged, and these products produced because the child is being overfed and too frequently fed, and not because the granose porridge disagrees. As granose is made from the whole wheat, it is so nourishing that a child one year and upwards requires but three meals per day of granose flakes or biscuits, and milk. Discontinue the use of the Mellin's food and milk, giving the milk that is used in preparing this food with the granose flakes at three regular meals. About a tablespoonful of cream should be added to whole milk, and about a breakfast-cupful given at each feeding. The child should be taking fresh fruit, such as very ripe bananas mashed and beaten. These may be given with the milk feeding. The juice of acid fruits such as sweet oranges, should be given freely an hour or two before the midday feeding or the last thing at night instead of the bottle of Mellin's food and milk. Various other ripe, pulpy fruits would be well taken and digested, but care should be taken that those containing considerable acid are not given with milk feedings. Milk in the form of junket is enjoyed by young children, and is easier digested than milk in its ordinary form. Junket is best prepared with pineapple juice instead of rennet, ten or twelve drops diluted with water being added to a cupful of new warm milk, which is afterwards kept at body temperature for half an hour and then cooled. The milk gets thick and may be eaten like a custard. When the number of meals has been reduced and fruit juice given more freely, the skin trouble will quickly disappear. The bowels and skin should be kept in a healthy condition.

Where Herod slew hundreds of children, a much-advertised soothing syrup has slain thousands.

Continued from page 226.

top off his meal, as usual; but when he got to his office, he took the empty cigar-box from its place, and sitting by his desk, stared into it long and solemnly. If he did say, "Poor little Puss!" several times, he was not referring to the office cat, for that feline rubbed against his manly legs unnoticed. What he thought no one knows; and perhaps no one knows that he sat staring into that empty box all that blessed forenoon, till a bright little face in a bright new bonnet was thrust between him and the dingy, unsavory receptacle, and a merry voice inquired, "Day dreams? a penny for your thoughts!"

"They're worth more than a penny," answered Fred, half frightening Eugenia by throwing the box clear across the room to the opposite wall, where it was shattered into shivers. That's the last cigar-box I'll ever own!"

"O Fred!"

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

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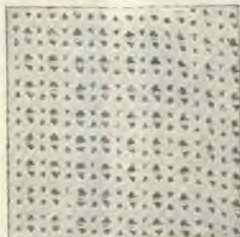
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