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JANUARY
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♦ EDITED BY FRANKLIN RICHARDS, M.D. ♦

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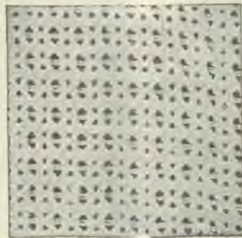
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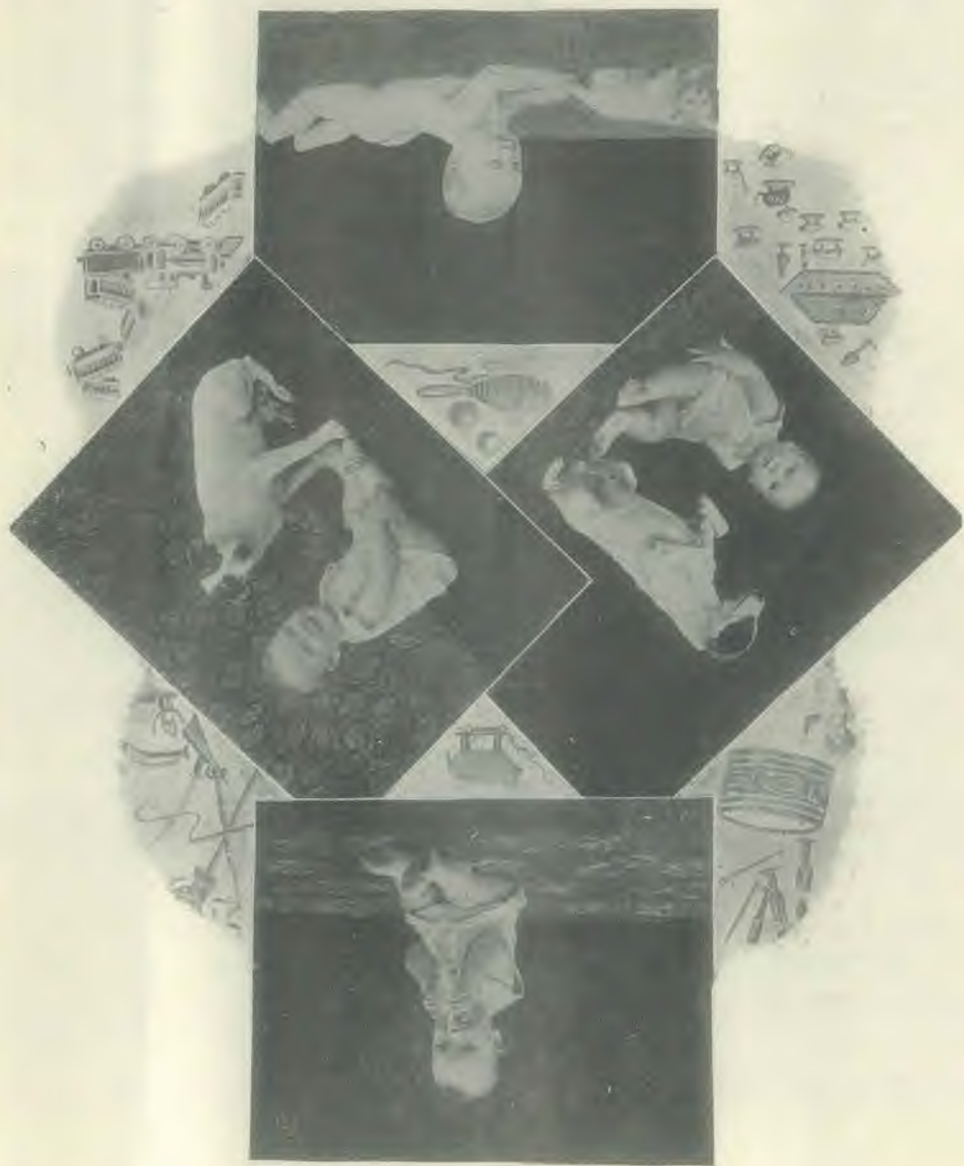
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With Our Best Wishes for a Glad New Year.



Good Health, January 1, 1908.

GOOD HEALTH

A Teacher of Hygiene

Vol. II.

Cooranbong, N. S. W., January 1, 1908.

No. I.

Food Cooked without Fire.

THE German method of cooking food without the continuous use of fire, should find favor in warm weather and hot climates. The *Scientific American* says: "This method of food preparation has been recently made available for domestic use by the introduction of the cooking cabinet. In the main this is nothing more or less than a well-constructed box of oak, thoroughly insulated to keep in the heat. It is thirty-six inches long, fifteen wide, and seventeen deep. It is equipped with three enamel vessels of a construction especially designed for this character of work, having covers which are clamped on to further facilitate the retention of the heat. The lids of these vessels are held by a revolving bar-lock device, which not only makes a hermetically tight joint, but also acts as a handle. One of these vessels is of eight quarts capacity, and the other two, four quarts each. After the viands in the kettle have been exposed to the heat of the stove until boiling has taken place for a minute or so, the lid is clamped into place, and the whole pot transferred to one of the pockets of the cooker.

"The actual time consumed in the preparation of food by this process is about double that ordinarily required, but the food may be left in very long, and will not be overdone. The saving of fuel resulting from the use of the cooker is considerable, and the burdens of the housewife are about halved."



Sun-Cooked Food.

IS THERE any reason why, this hot weather, we should not let the sun do our cooking? The Mexicans speak of ripe fruit as fruit which is cooked in the sun. One may even go a step further, for ripe fruit has not only been cooked, but partially digested, by the sunlight. Its refreshing acids and sugars are in readily assimilable form. It furnishes energy without taxing the digestive organs, and is sufficiently nutritious to deserve a large place in the diet of health, in hot weather.

Diet for Endurance.

DR. HARVEY W. WILEY, chief of the United States Government Chemistry Bureau, says: "The opinion that particular foods nourish particular parts of the body is quite erroneous. 'Nerve and brain foods' are advertised, but they are all nonsense. I think we eat too much meat for health. The cereal-eating nations of the world can endure more physical toil than the meat-eating nations. You can not tire out a Japanese, who eats rice. He will draw you all around town on a pound of rice, and be as fresh at the close of the day as when he started. You could not do that on a pound of meat to save your life."

Cures for Cross Babies.

CROSS babies are often sick babies. The cure consists in discovering the wrong, and

setting it right. If it is indigestion, withhold one or two milk feedings, giving sweet orange or grape juice instead. The average baby is fed on food which is too watery, and in consequence is always hungry and unsatisfied. The remedy consists in making the food stronger, and feeding less frequently. The healthy, well-fed infant six to twelve months old calls for three or four milk or milk-gruel feedings a day, and in addition requires water a half dozen times or more in the twenty-four hours, and fruit juice once or twice. A babe so fed, and kept out-of-doors during the day, sleeps soundly at night, and is never cross without cause.

Insist on Clean Milk.

THE only way to get clean milk is to be your own inspector, and insist on getting it. Investigate the source of your milk supply. Visit the dairy, examine the cows, watch the milkers, look inside the milk-cans and separator, and if you find anything which savors of filth or neglect or carelessness, boycott that dairy, and get all your friends to do the same. Filthy milk is extremely dangerous to life and health. Clean milk from healthy animals is an excellent food. It is for the consumer to say which kind of milk he will have. The kind you insist on having you will get.

Death Due to Tea-Drinking.

NO DOUBT many deaths are indirectly due to the dyspepsia, anæmia, and other diseases which result from the habitual use of tea. It is not often, however, that the coroner attaches the blame to the tea, as was done in the case of a man who died in London re-

cently. The Londoner ate a supper of boiled beef, and then had some tea. Early the following morning he was taken ill, and died before a doctor could be summoned. A medical man who made the post-mortem examination said the stomach contained undigested food, and was distended. This, acting on a weak heart, caused heart failure. A verdict of "Death from syncope, weak heart, and indigestion caused by tea-drinking" was returned.

Many lessons may be drawn from this report, not the least important of which is the fact that it is dangerous to go to sleep soon after eating, especially when foods difficult of digestion have been taken. The absorption of poisons from undigested food which lies like a lump in the stomach, is an adequate cause for a degree of brain and heart paralysis which sometimes results in death.

Imaginary Joys Real Sorrows.

PROFESSOR DAVID STARR JORDAN wisely says that the joys of wine, of opium, of tobacco, and of all kindred drugs are mere tricks upon the nervous system. By the aid of these nerve-foolers, man seeks to clear to-day of pain, of past regrets, and future fears. He seeks to strike out the sadness from the calendar of "unborn to-morrow and dead yesterday." But the joys produced have no foundation in fact, and they are shortly out-weighed by the pains which follow. Then, too, the indulgence in unearned pleasures destroys sooner or later all capacity for real enjoyment. In the professor's own words, "The only melancholy that drugs can drive away is that which they themselves produce. It is folly to use as a source of pleasure that which lessens activity and vitiates life."



Seemingly Well.

BY W. HOWARD JAMES, M.B., B.S.

IN speaking to individuals in reference to hurtful habits such as tea-drinking, smoking, etc., one frequently gets the response, "A cup of tea does me no harm;" "I have been a smoker from boyhood, and feel no worse for it;" "An occasional nobbler braces one up, and does good." There is undoubtedly such a thing as being "seemingly well" without actual good health. That the individual is not really well is evidenced by the fact that his system craves for the stimulant or narcotic. Constant stimulation or partial paralysis is essential to keep the partakers of stimulants and narcotics even apparently well, and unfortunately most people are satisfied with being only "apparently" well, when with a little self-denial they could be practically well. How much more pleasant it is to be behind a horse fresh from the paddock, than behind a poor animal that constantly needs to be goaded on by the whip, to keep it moving at anything like a decent pace. The man who abstains from stimulants is a free man; he does not get tired and depressed until he has done a fair amount of work, and then he can afford to rest and recuperate: but the tea-drinker feels her need of her usual stimulant long before the day's work is over, and in fact will frequently tell you she can not leave her room of a morning without something in the shape of a cup of tea to revive her: and the same of course is true of the indulgers in alcohol or tobacco; they do not feel equal to their work without their unnatural stimulation.

A safety match gives out no light till it is struck on a proper surface, although it contains some of the essentials for producing light and heat. The man who indulges in unnatural habits is like the safety match, waiting for some other condition to make visible some weakness of constitution, of which possibly he may be absolutely ignorant; the match is only a "safety" one as long as it is not rubbed against the prepared surface of the box, and the seemingly well man can only keep apparently healthy as long as he avoids what is known as the exciting cause.

There are always two causes for every disease, the predisposing, the one from within,

and the exciting, the one from without. The germs of consumption, for instance, will not cause that dreaded disease, unless there be some previous weakness of constitution; the germs are of vegetable origin, and are like seeds, which require moisture and warmth for their germination; and what these elements are to the seed, a weak constitution is to the bacillus tuberculosis. Exposure to wet and cold will not bring on rheumatic fever, gout, pneumonia, or bronchitis if the individual be in really good health. The internal, the predisposing cause, varies; consequently the one external cause, except in the case of germ diseases, may produce quite a variety of complaints. The riddle has frequently been asked, "What is better in an accident than presence of mind?" and the answer given is "Absence of body." The man who indulges in hurtful luxuries, however well he may appear to be, is always in the "presence of body" condition, through the absence of the mind which should help him to abstain from that which is injurious.

Men and women live too much for the present, and think too little of the future. "Because sentence against an evil work is not executed speedily, therefore the heart of the sons of men is fully set in them to do evil." The man who eats daily his three meals of meat, does not recognize his folly, till he becomes the subject of an attack of gout, or is crippled with rheumatism, or is prostrated with kidney disease, or, worse still, the dreaded cancer. The woman who will persist in partaking of the cup which falsely is said to cheer and not inebriate, in after years will wonder why she should be afflicted with such persistent dyspepsia, gastric catarrh, chronic constipation, insomnia, nervous prostration, or some allied disease. The man who calls himself a moderate drinker, feels in his old age that Providence has been especially unkind to him in permitting his liver to be permanently deranged, or his kidneys diseased, or his mind unhinged, when he alone is to blame through constantly hindering kind Nature in her life-sustaining work.

Tea-drinking, tobacco-smoking, and alco-

holic habits are hurtful to the constitution in every case, whether the individual recognizes it or not. The man who lives in the smoky streets of London may tell you the air suits him well, because he knows nothing of the freshness of country life; and those who sleep in close, stuffy rooms will declare that ventilation, by which they could secure an adequate supply of life-giving air, brings on a cold. It is surprising how quickly one gets accustomed to unfavorable environments, and then becomes deluded with the opinion that he is really well, whereas he is in the condition of a pile of finely cut dry wood waiting for the match to make it a destroying fire. The child would not have

been drowned if it had not been for the presence of the well of water, neither would the artisan find his eye-sight failing had it not been for the tobacco, nor the minister be a confirmed neurotic had he not been so addicted to his cup of tea. Unnatural habits always give the body extra work to accomplish; and as long as it will work at the high pressure that is put on it, the man may be seemingly well; but when difficulties crop up, as they are constantly doing, he succumbs. A machine working at ordinary pressure can have its power increased to overcome any obstruction, but when working at full power any obstruction causes a disaster.



The Salt Glow.

THE salt glow, What is it? Even the title makes the skin tingle. What, then, must be the sensation produced by the treatment itself? To put it briefly, the salt glow is a decidedly stimulating form of friction. When applied to the skin, salt acts as a chemical irritant, while a mechanical effect is also produced by the roughness of the crystals. This combined stimulation results in a marked increase in the activity of the skin and its structures. The salt glow is an effective means of drawing blood to the surface of the body, thereby

relieving internal congestion. This treatment thus meets the two chief needs of the vast majority of those who are ill and feeble; that is, it stimulates the inactive organs, and gives relief to the congested parts.

METHOD: There are several ways of giving the salt glow. As the salt glow really consists in the quick and skillful rubbing of the entire surface of the body with moistened salt, the simplest way to apply this treatment is to stand in a small tub of water, spray or pour warm

water over the entire surface of the body to moisten the skin, rub vigorously a portion at a time with damp salt, thoroughly rinse with cold water, and dry with a turkish towel. The whole treatment taken in this way should take not more than four or five minutes. The result of the treatment should be an evenly reddened skin and a tingling sensation all over.

For persons confined to bed, and other feeble persons, the treatment must be differently given. The bed or couch should be protected with a sheet, and the patient covered to prevent chilling. One part at a time is exposed, and rubbed with the moistened salt till well reddened. The salt is then sponged off, and the part dried and covered. The order usually followed, is first the chest,

then the arms, back, and legs. Care should be taken not to rub too hard over bony prominences and parts where the skin is tender. The coarseness of the salt should vary with the thickness or sensitiveness of the skin. With very thin-skinned persons, abrasion and inflammation of the skin may be very easily produced.

Another method of taking the salt glow is in connection with the full bath. After lying for a few minutes in warm water the salt is applied to the surface in the order and manner described above. Afterward a cool pour or shower is taken to remove the salt. After drying it is well to follow the salt glow with an oil-rub, which will be described in a subsequent issue.

How to Invigorate a Torpid Liver.

BY GEORGE THOMASON, M.D.

A TORPID liver is a tired, overworked liver. Being interposed as a great filter between the digestive tract and the general blood current, it falls to the lot of the liver to separate from the blood, and to destroy, poisons which gain access to the blood from the alimentary canal, thus preventing these poisons from getting into the general blood current of the body.

That the liver is wonderfully efficient in its work is evident from the fact that in spite of the grossest errors in diet, *i. e.*, the ingestion of a host of indigestible substances, such as pepper, mustard, vinegar, cheese, pickles, fried foods, fat meats, ripe game, etc., also the taking of an excess of foods, the fermentation and decomposition of which give rise to poisons which must be absorbed and taken to the liver,—the liver continues successfully to cope with these unfavorable conditions, sometimes for years. But sooner or later the overworked liver becomes tired, and is no longer able to hold back and destroy all the poisons. These escape into the general blood current, and give rise to headache, nausea, vomiting, dingy, yellowish discoloration of the skin, specks before the eyes, and other symptoms so familiar to victims of recurrent bilious attacks. Errors in diet, a sedentary life, constipation, and other conditions favoring exhaustion of the liver being more common in winter, pave the way for proverbial and apparently necessary "spring tonics."

An increase in the amount of poisons going to the liver, increases the amount of blood in the liver, in other words produces congestion. Along with the consequent increased function of the liver there is necessarily an increased amount of bile produced, some of which gets into the blood, and is deposited in and discolors the skin.

In the treatment of torpid liver, or bilious attacks, we receive a very important suggestion from nature. A bilious patient has very little appetite, and generally has attacks of vomiting and more or less diarrhoea. These are nature's methods of quickly emptying the alimentary canal, thus lessening the work which the liver has to do, as well as relieving the body of some of the excess of bile which is always present during these attacks. It is of primary importance, therefore, to pay strict attention to diet in this condition. In most cases it is best to curtail absolutely all food for twenty-four to forty-eight hours, having the patient simply drink freely of water. If not possible to abstain altogether from food, fruit may be eaten, especially apples, oranges, grapes, and other fresh fruits. Persons with a tendency to biliousness will find it of the greatest advantage to eat freely of fruit at all times, and occasionally to take a meal consisting entirely of fruit. Fruits do not tax the digestive powers, they aid greatly in relieving constipation, and fruit acids are

excellent germ-destroyers in the digestive tract, thus lessening the number of poisons in the intestines, and directly relieving the liver.

The diet during the interval between the attacks is of very great importance. Knowing this, foods which tax the digestion, and which contain poisons, should be studiously avoided, especially flesh foods, shell-fish, cheese, stimulants and condiments of all sorts. A natural diet of fruits, grains, and nuts (so often outlined in this journal) renders a bilious attack a very remote possibility.

An inactive liver may be powerfully stimulated by alternate hot and cold applications made directly over the liver. Large fomentations or flannels wrung from very hot water, and applied over the liver for three to four minutes, bring a large supply of fresh blood to the organ. This followed immediately by a very cold compress, left in place thirty to thirty-five seconds, produces strong contraction of the blood-vessels of the liver, thus literally squeezing the blood out of it. By repeating the application for fifteen to twenty minutes once or twice daily, a most powerful tonic effect is exerted over the liver. This treatment may well be followed by the application of a moist abdominal girdle about the body, of sufficient width to reach from the arm-pits to well below the border of the ribs. The girdle may consist of a linen towel, or three thicknesses of butter muslin, wet in

cold water, and covered by two or three thicknesses of dry flannel, three or four inches wider than the moist part of the girdle, pinned snugly in place. Care should be taken to see that the edges fit the body closely to prevent too rapid evaporation and chill. This girdle may be worn during the night, or both day and night during the interval between the hot and cold applications.

Sunbaths, or exposing the body to the direct rays of the sun, followed by a cold shower or cool friction, are a most excellent means of increasing the activity of the skin and of favorably influencing the liver. A cold morning friction bath, cold shower or cold plunge, followed by vigorous rubbing with a coarse towel, should be a matter of routine in the cases.

Exercise is also of great importance. As a sedentary life favors inactivity of the liver, so a vigorous, active life, by promoting more active combustion in the body, favors healthy functional activity of the liver, as well as diminishing the actual work which it has to do. Rowing, horseback riding, tennis, cycling and swimming are to be especially commended. A change of environment to a cool, invigorating climate is necessary in some cases, although frequent cold bathing is generally sufficient to obviate this necessity. —*Good Health (British)*.

The Story of the Factory of Life.

BY FRANKLIN RICHARDS, M.D.

Do you know, boys and girls, that you have each been given a factory to mind? and do you know that upon the proper use and care of the fine machinery with which this factory is filled, your usefulness and happiness depend? The factory over which you have been given charge, is your body. In some respects this body factory is much like any other factory. The body takes in raw material in the form of light, air, water, food, and other things. From these materials the complicated machinery of the body makes blood, bone, brain, nerve, muscle, skin, teeth, hair, nails, and many other beautiful and wonderful things. Not only the human body, but the bodies of animals as well, possess this power of transforming lifeless materials into living tissues. All these body factories differ

in some respects from the factory built by human hands. One most important difference is this; the factory made by man is constructed of stone and brick and such other lifeless substances, and filled with lifeless machinery; the body factory is built of material which is alive, and is filled with living machinery.

The boys and girls who read this story will remember that the apostle Paul speaks of a building made of living stones. Now, that is just like the body. The body, through and through, inside and out, is made up of living stones, but these living stones are so small that they resemble fine dust, not dry dust, but dust mixed with water. Suppose you were to take a heap of dust, and moisten it with water and mould it into the form of a

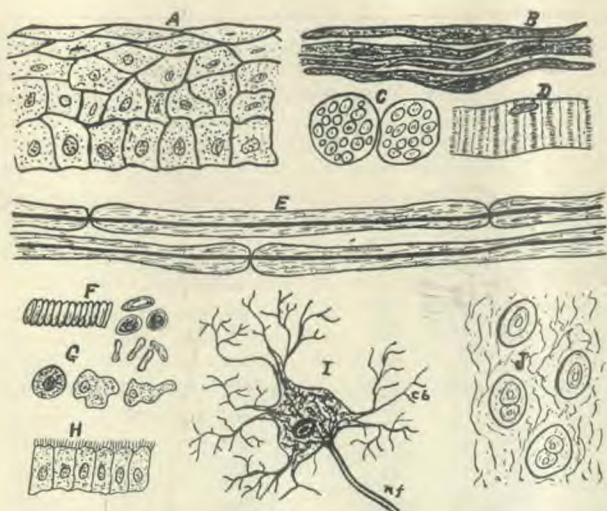


Fig. 1. Various forms of live dust or minute particles of matter out of which the body is built. These particles are called cells. They are as fine as flour, and are shown here as they appear under a powerful microscope, magnified hundreds of times. A, shows how these cells are arranged to form the outer layers of the skin; B, C, D, show muscle fibres, lengthwise and crosswise in bundles; E, thread-like nerve fibres; F, red blood cells, some arranged in a roll, others flat and on edge; G, white blood cells, one resting, two moving; H, brush-like cells which keep the air passages clean; I, a giant nerve cell, with nerve fibre (nf) and contact branches (cb); J, gristle, or cartilage cells.



Fig. 2. The first four steps in the building of the body. All the different kinds of cells shown in Fig. 1, and many other kinds besides, were developed from the germ-cell, (a), which first divided into two cells (b), then into four cells (c), and so on. Great things often have small beginnings. It is marvelous that the oak should be developed from the acorn; it is even more marvelous that the complicated human body should be developed from a cell so small that if placed side by side about two hundred such cells would be required to form a line an inch long.

man: you would then have a mud man made of innumerable particles of dust held together with water. In very much the same way the human body is made up of innumerable particles of living matter. These particles are called cells. They differ in form and size, and are of many kinds. Some are pressed compactly together to form the skin which covers the body; others are bound up in bundles to form the muscles; and still others are placed end to end like spools on a string to form long threads which run to every part of the body, and are known as nerves.

Some of the most important and interesting cells of the body are not bound to other cells, and thus held fast in one place. They are left free to move about, and be carried hither and thither by the tiny streams of fluid

which flow through all parts of the body. In the blood we have two chief forms of these wandering cells. These are known as the red and white cells of the blood. They have a most important work to do in the body. The red cells are oxygen-carriers. The white cells are not only carried about in the body, but also possess the power of independent movement. They are the scavengers and defenders of the body.

It is wonderful to realize that at one time your body consisted of just one such little cell. From this particle of living matter all the other cells of the body were formed by the process of cell division; that is, the first cell divided into two, these two into four, then into eight, sixteen, and so on until finally the body was formed from countless billions of cells. No doubt it was the contemplation of this thought which led David to write as he did in the 139th Psalm, especially verses 13-16.

The important point about these little cells is that they run the factory of life in harmony with its rules and regulations. Great responsibility rests upon them. It is therefore of the utmost importance that they should be properly fed and cared for in every way. In order to learn how to do this, we shall take for our subject next month, "The Proper Care of the Workers."

"There is a school that many a child enters at infancy, and from which he is not graduated until death, and that is the school of bad habits. He acquires them early, and adheres to them until late. The diploma that he gets in this school is ill health and chronic invalidism."

"Coop up a child in a poorly ventilated room during winter, allow him to sleep in the same bed with a tobacco-using father, so that he is compelled to inhale the poisonous nicotine as it is eliminated by the skin, and when spring comes, more than likely there will be a funeral in that family."

A Mother's Talks with Mothers.

CONDUCTED BY MRS. E. SISLEY RICHARDS, M. D.

MANY are the letters which come to me from perplexed mothers, asking for help in the care of their little ones. One mother writes because her baby is not doing well with his food; another because her child is suffering from eczema; another because her child is having unusual trouble with its teeth. These letters I am always glad to answer, but the thought has come to me that the very instruction which I have carefully written out for one mother,

might be as much appreciated by hundreds of other mothers, whose babies may be suffering from the same common disorders.

So it has seemed best to conduct in this department of the GOOD HEALTH a Correspondence Column exclusively for mothers. We shall be pleased to answer in this column any questions which may be of general interest to mothers concerning the health and well-being of their little ones.

We will also be very glad to receive from mothers any helpful suggestions gleaned from personal experience. For instance, if one mother has devised a plan for keeping her baby safe and comfortable while she goes about her work, this very plan may be helpful to many other burdened mothers.

So, mothers, will you assist in making this department helpful by telling *briefly* and *simply* anything which has been of real value to *you* in caring for *your* children? Do not hesitate to write, thinking that your suggestions may not be new. Have you not noticed, when an improved method of doing any particular thing is mentioned, how many people say, "Strange, I never thought of it before"? It is *strange*, but many of us do not think of certain helpful things until some one else suggests them to us?

All communications should be addressed to—

Dr. Eulalia S. Richards,
Sanitarium,
"Good Health." Wahroonga, N. S. W.



And now just a few suggestions about—

Baby's Bad Habits, and How to Break Them.

A troublesome habit, and one which is usually established very early in the baby's life, is that of "crying to be taken up." In fact it is not an uncommon thing for baby to become quite demoralized during the reign of the monthly nurse. She has nothing to do but to nurse the baby and carry him about; but when she has

gone, and the mother, still weak and frail, resumes her duties, it is so different. A hundred and one things are waiting to be done, and she is perhaps not fit to do them. If baby has been spoiled by over-nursing, the habit must be broken at once. Let the mother give the little one careful attention, seeing that he is neither hungry, thirsty, cold, damp, or in any way uncomfortable. Then having assured herself that he is not in discomfort, she should lay him down in a quiet, cozy place, and *leave* him. He may cry at first and cry lustily, but after a few days' discipline he will quietly go off to sleep when thus left to himself.

There is one time when it is a mistake to let baby cry, and that is when he awakens after a long sleep. He is usually wet and hungry, and should be taken up at once, and given the attention he needs.

As baby grows older, the same policy should be pursued. Let there be regular times in the day, as at bath-time and bed-time, when mother plays with the baby and "cuddles" him as only a mother can, but on the whole let him be left pretty much to his own resources. A child thus trained from infancy, will, with the aid of a few simple toys, and a little judicious directing on the part of the mother, play about happily from morning until night.

Another of baby's bad habits, and one closely allied to the foregoing, is that of being rocked to sleep at night. If a mother wishes

to make herself a slave to her baby, and is willing to deprive the other members of her family of their share of attention, let her begin by rocking baby to sleep at night. He very soon learns to expect such attentions, and will be most inexorable are they at any time withheld. It is better by far to accustom him from the beginning to going to sleep quietly and alone. There may be a gently (never a boisterous) frolic at bed-time, then a lullaby, and a simple prayer; but when these are finished, the little lad should be quietly

tucked into bed, with a good-night kiss, and left to go asleep alone. If baby has already formed the bad habit of being rocked to sleep, the sooner it is broken, the better. No doubt there will be a struggle at first, and much weeping, but this will do no harm; and if mother is firm, the little fellow will soon learn the better way.

Other bad habits of baby's will be considered in a future number, also what is perhaps of equal importance,—“Bad Habits of Mothers, and How to Break Them.”

Dainty Digestible Desserts.

BY EULALIA S. RICHARDS, M.D.

ON the principle of “saving the best for the last,” rich desserts are frequently served at the close of the dinner. This is a great dietetic error, for it is often the rich pastry or pudding taken at the end of the meal, which is accountable for the after-dinner ills.

Desserts containing an excessive amount of fat are very difficult of digestion. It is for this reason that so much discomfort frequently follows the taking of rich pastry. The free use of sugar also accounts for much indigestion.

Following are directions for making a few dainty yet digestible desserts. Many others will suggest themselves to the mind of the ingenious housewife.

INSTEAD OF PIE.—A dessert which is very wholesome, and at the same time quite as palatable as the old-fashioned pie, is made as follows:—

Ingredients: Apples, white zwieback crumbs, sugar, olive oil. Place a few slices or scraps of stale white bread in the oven until crisp throughout and delicately browned. Then run them through a food-chopper or roll them with a rolling-pin until they are reduced to crumbs.

Peel and slice enough apples to nearly fill an enamel or earthen pie-dish of the desired size.

Sprinkle the apples moderately with sugar, and pour over them about two tablespoonfuls of water. Now take enough crumbs to make a layer about one-half inch thick over the top of the fruit. Place the crumbs in a basin, and add a small amount of sugar and olive

oil. Mix this together thoroughly, and then put it over the apples. Do not press it down, but scatter it loosely over the fruit. Also take care not to make the layer of crumbs too thick. If too large a quantity of crumbs is mixed with oil and sugar, it will keep for some days, and thus can be used for another pudding. Cover this pie-dish with another of the same size, and place it in a quick oven. Leave the pudding covered until the fruit is tender, which can be detected with a fork. Then remove the cover, and allow it to brown nicely on top. In place of apples any seasonable fruit may be used, as gooseberries, cherries, plums, or peaches. Bottled fruits may also be utilized, only in using these it is necessary to pour off nearly all of the juice, as it is best to keep the crumbs fairly dry on the top of the pudding.

A WHOLESOME PASTRY.—These fruit puddings are very delicious, but for those who prefer pastry, a wholesome recipe is given below. Since vegetable oils are preferable to animal fats, this recipe describes the use of olive oil for shortening. It might be well to state that olive oil loses its characteristic taste when combined as in this and the foregoing recipe, so that these desserts may be thoroughly enjoyed by those who do not care for olive oil as such.

Beat one-half cup of olive oil with a fork, adding very slowly one-cup of cold water. When well beaten, pour this into three cups of sifted white flour, adding salt to taste. Mix the flour and oil lightly with a fork; gather the fragments of dough together with as little mixing as possible. Roll the pastry out thin, and with it line four shallow, circular pie-dishes or plates.



Prune Whip

Prick the pastry in several places with a fork to prevent its blistering in the oven, then bake it in a moderate oven. These tart shells can then be put away until required. If they have been baked several days, make them crisp by heating them in the oven a few minutes before filling.

PRUNE WHIP.—Ingredients: Two cups prune marmalade, four tablespoonfuls powdered sugar, four egg whites, one dozen walnut meats.

One pound of prunes will also be required. Select a good quality of sweet prunes. Wash them well in hot water, then put to soak over night in enough cold water to cover. In the morning stew the fruit gently for about three hours (Stew it in the water in which it has been soaked over night.). When properly done the prunes will be plump, whole, and tender, with a rich juice about them. Prepare the marmalade by pressing the prunes through a colander. Beat the whites of two eggs until stiff, and fold into the marmalade. This is done not by stirring, but by putting the egg-whip down at the side of the basin, and bringing it up in the middle. It should be done

lightly and quickly until the ingredients are thoroughly mixed. Turn it at once into a baking dish, and bake for about half an hour or until "set."

Then a meringue is made by beating the other two egg whites to a froth, and folding in the powdered sugar. Spread this lightly over the top, and arrange the nut meats as shown in the illustration. Replace the dish in the oven until the meringue is of a golden color.

Peaches, apricots, and apples may be used in the same way. Stew the fruit, sweeten to taste, press through a colander, and then proceed as with the prune marmalade.

PINEAPPLE TART.—Take a fresh, well ripened pineapple; cut it through the centre from top to bottom, and shred it on a coarse grater. Add to the shredded fruit a small amount of water and sugar, and stew until tender. When done thicken the juice slightly with a little cornflour rubbed smooth in cold water, and turn it at once into a paste shell previously baked.

Other freshly stewed or bottled fruits may be used in the same way.

Answers to Correspondents.

61. **Rheumatism, Cause and Diet.**—A. P., Brisbane: 1. Is uric acid alone the cause of rheumatism? *Ans.*—"Uric acid" is a convenient name for a large group of poisonous waste products and partially oxidized nitrogenous food-stuffs. These substances correspond to the cinders and clinkers remaining in the grate when coal is not perfectly consumed. These, circulating in the blood, irritate the serous linings of joints, the periosteum of bones, and also muscle and nerve sheaths, thus producing pain. There are two sources of these irritating substances: one group is produced within the body, the other introduced from without. In the latter case, the uric acid is taken with the food. Flesh foods contain from six to eight grains up to as high as seventy grains of uric acid to the pound. Meat extracts contain much more than this. The uric acid and associated wastes which cause rheumatism in the majority of cases are introduced with flesh foods, meat extracts, tea, coffee, cocoa, etc. In some cases a sufficient quantity of incompletely oxidized protein to produce rheumatic pains remains as a residue from the too liberal use of the pulses, nuts, eggs, etc.

2. What is the best diet in the above complaint? *Ans.*—From what has already been said, it is plain that flesh foods, meat extracts, tea, and coffee ought not to be taken at all by the rheumatic subject. Nuts, nut foods, eggs, milk, used in a variety of ways, should replace these. Water and fruit drinks act beneficially in washing out the irritating substances. The chief part of the diet should consist of dextrinized cereals, such as granose biscuits and flakes, granola, toasted corn flakes, wholemeal rolls, zwieback, etc. Fat in the form of oil or cream should be used in moderation.

3. Are sweet foods, for instance plain custards,

sago, or rice, allowable, or are they best avoided in rheumatic conditions? Are honey and other sweets allowable? *Ans.*—These puddings, unsweetened or slightly sweetened, are permissible. Honey and other sweets may be taken in moderation.

4. What is the cause of pain on pressure, and sometimes without pressure, about two inches to the right of the umbilicus? *Ans.*—The pain and tenderness is probably due to chronic inflammation of the ascending colon or possibly to chronic catarrhal inflammation of the small intestines. A. P. would doubtless improve on two meals a day, taken at least seven hours apart. No meat should be taken at dinner, and no coffee with the breakfast. In the evening, a glass of orange juice or other fresh fruit juice should replace the usual tea.

62. **Pimples Due to Diet.**—M. T. H., Sydney: 1. Do pimples on forehead or back of neck after taking oatmeal porridge or sour fruit juice indicate organic trouble, or temperamental peculiarities? *Ans.*—The skin rash is due to the diet, and appears to be due to the fermentation of starchy foods. This fermentation occurs when imperfectly cooked starch, such as ordinary oatmeal porridge, is eaten. It also occurs when sour fruit juices are taken with an ordinary meal containing bread, rice, potatoes, or other starchy foods. This is because the acid fruit juice interferes with salivary digestion. The cure consists, first, in taking only thoroughly cooked, and preferably, dextrinized cereals, such as granola and granose biscuits, in place of soft porridges and breads; second, in refraining from taking acid fruit juices with the meal or soon after. They are best taken about an hour before the meal.

2. Can you recommend a specialist, one who understands the diet-cure? *Ans.*—Any progressive and thoroughly up-to-date physician should be able to prescribe a diet which will suit you.

63. **Numbness of Arm, Warts, Grey Hair.**—A. T. R., Guildford: 1. Kindly tell why the arm from the fingers to the elbow of a young man, aged twenty-one, frequently goes to sleep, often when working. *Ans.*—The numbness and tingling is an indication of functional disturbance of the nerves supplying the arm. This may be due to lack of blood, blood containing irritating poisons, impoverished blood, or it may be due to pressure on the nerves.

2. What can you recommend as a cure for warts on the hands and arm? *Ans.*—Electrolysis or treatment with concentrated sunlight.

3. Is there a cure for grey hair in a young person? *Ans.*—No.

64. **Follicular Tonsillitis, Bad Taste.**—E. A., West Maitland: What treatment should be used in the above disease, also what is the cause and cure of bad taste in the mouth associated with the tonsillitis? *Ans.*—The treatment for follicular tonsillitis, that is, inflammation of the tonsils, with a whitish, cheesy secretion in the follicles, consists in disinfecting these diseased parts by means of a five per cent. solution of carbolic acid. This is used as follows: A small piece of cotton is twisted about the edge of a pointed stick, or probe, and dipped in the carbolic solution, then, the mouth being wide open and the tongue depressed, passed into the follicle, and given a roll between the fingers. This brushes out the infective matter, and disinfects the crypts, or follicles. The treatment should be given by a skilled hand. The bad taste is probably due to the tonsillitis, and will disappear when this is relieved. A simpler way of disinfecting the tonsils, and one better adapted to home use, is by means of acid fruits and juices. The mouth and throat should be thoroughly cleansed with soap and water and carefully rinsed, then fruit juice taken freely as a beverage, and lemon juice, pure or diluted with water, used as a gargle. The pure lemon juice could also be used instead of the carbolic acid in the method described. There will be no danger of poisoning from its use. Let the diet consist of juicy, acid fruits, as oranges, mandarins, pineapples, lemons, etc., for twenty-four or forty-eight hours; thus not only the throat, but the entire digestive tube will be disinfected. The colon should be cleansed once or twice by means of a large cool enema containing a teaspoonful of salt to the pint.

2. Please give treatment for chronic cold in the head, of about ten months' duration. *Ans.*—Thoroughly cleanse the nose three or four times daily with cool water, containing a slightly rounded teaspoonful of salt to the pint. Inhale the water from a glass, drawing it well up and back into the throat, and allowing it to escape through the mouth, or holding one nostril, inhale through the other, then incline the head toward the obstructed side, and remove the finger. Pure air should be breathed day and night for both these troubles. The diet should consist

largely of fresh fruits, an excess of food being carefully avoided. Exercise and a cleanly condition of the skin and colon are essential to recovery.

65. **Dyspeptic Symptoms.**—A. H., Ipswich: Kindly give through GOOD HEALTH the best treatment, diet, etc., for headaches, palpitation, blurring of letters on reading, flushing of head, cold feet, belching, nausea, etc. *Ans.*—You are doubtless a dyspeptic, the symptoms enumerated (and many others not here given) all being the result of fermentation and putrefaction of food in the alimentary canal, causing auto-intoxication. The best home treatment consists of an all-round hygienic life, due attention being given to exercise, bathing proper breathing of pure air at all times, cheerfulness, hopefulness, and other helpful conditions of the mind. Very special attention must be given to diet in this case. Aside from the food being palatable, wholesome, and digestible, it should be eaten when the body and mind are in the best possible condition to appropriate it. You should never force yourself to eat; if there is lack of appetite, eat fruit, and take water and fruit drinks freely until hunger is felt. Do not eat when nervous or irritable or depressed. Take only one or two dishes beside toast or granose biscuits at a meal. Eat twice daily, allowing an interval of seven hours between meals. Let a glass of orange or other fruit juice replace the usual tea. Do not spoil the good effects of the fruit juice by taking a bite of biscuit or other food along with it. It should be taken absolutely alone. Take a cool plunge or sponge bath, followed by brisk rubbing and half an hour's exercise, before breakfast. Even an hour or two, as strength increases, could be spent in gardening or other exercise before breakfast. Diet is of great importance in dyspepsia, but exercise, in many cases, is of still greater importance. A. H. must in a very literal sense work out his own salvation.

66. **Rheumatoid Arthritis and Rheumatism.**—1. What is the cause of rheumatoid arthritis? Can anything be done to cure the condition? *Ans.*—The cause of rheumatoid arthritis is chronic auto-intoxication. The cure consists in discovering the source of the chronic poisoning, and giving the necessary treatment to restore normal conditions. There are other factors in the production of this disease, but in a large number of cases treated, the cause assigned seems to have been the chief one. This is not a disease for home treatment. The very best possible surroundings and conditions for cure are necessary, as is also medical supervision.

2. Should physical culture exercises be given up because of rheumatism about the shoulders causing some stiffness and soreness? Should the legs be exercised when the arms are stiff, so as to get a derivative effect? *Ans.*—Are you quite sure that the pain and stiffness about the arms and shoulders are not the result of the exercises taken? Try reducing the number of times each movement is executed, exercising very moderately, and see whether the soreness does not disappear. Yes, when the arms are too stiff to be exercised, it is a good thing to use the legs.

Long Letters.—G. G., Bothwell: Your letter is too long to be read. Kindly limit yourself to a question of ten or a dozen words, or two or three such questions, and they will be answered.

67. Chapped Hands.—J. D. D., Christchurch: Please give remedy for badly chapped hands. *Ans.*—Chapped hands may be usually prevented by proper care of the hands. This includes the use of non-irritating soap, such as McClinton's, soft water when procurable, and after washing thorough drying of the hands, especially before going out of doors. In the case of persons with dry skin, a little oil or ointment should be occasionally applied. The treatment of chapped hands consists in thorough cleansing of the skin with mild soap, and water as hot as can be borne. After the skin has been well softened and cleansed, any clean, free fat may be rubbed in, and the hands covered at night with cotton gloves. If the hands are cold and the circulation poor, as is usually the case, the hot and cold arm-bath is helpful, also exercises of the arms to improve the circulation and add to the general health.

68. Lump in Throat.—C. C., Newton: What causes slightly painful lumps to come near the throat when fruit is eaten, and which interfere with swallowing? *Ans.*—This feeling of a ball or lump in the throat is common in nervous disorders. It is due to a spasmodic contraction of the muscles of the throat, set up in this case by the acidity of the fruit. In some persons even the sight of sour fruit produces a somewhat similar sensation. The trouble requires no particular treatment.

69. Twitching and Crawling Sensation.—M. H., Dulwich Hill: What simple treatment will relieve twitching and crawling sensations in the face, associated with deafness? *Ans.*—Such disturbances are due to irritation of the nerves. All sources of irritation should be cut off, including the use of tea, alcohol, tobacco, condiments, and the free use of flesh foods. The nerves will improve when they are nourished by a better quality of food made from the simple, wholesome foods advocated by this journal.

70. Chilblains.—L. D. D., Christchurch: Kindly give me the remedy for chilblains. *Ans.*—In the way of simple treatment, nothing is better than the hot and cool foot-bath. Some general tonic treatment should be given, such as the cold mitten friction or salt glow. In cases which do not im-

prove under this treatment, galvanic electricity through the foot-bath often affords an effective cure.

71. Bronchitis, Cause and Treatment.—M. A. X. C., Sydney: Please state cause and treatment for bronchitis. *Ans.*—The cause of bronchitis may be divided into two classes, predisposing and exciting. The chief predisposing cause is the presence of irritating substances, such as uric acid in the blood. The exciting cause is usually a chill or exposure to cold. The most successful treatment for this trouble is the chest pack. Fomentations to the chest, front and back, should first be given, followed by the chest pack, which should be renewed every half-hour during the acute stage of the disease. For chronic bronchitis, fomentations twice a day, and the chest pack at night, is good treatment.

2. Please also state the best diet for bronchitis. *Ans.*—The diet for bronchitis should be the simple easily-digested foods indicated for all acute diseases. Fruit and water should be freely taken.

72. Cheese, Obstruction of the Nasal Passages, Varicocele, Cocoa, "Fatcure."—G. C. R. D., Melbourne: 1. Is cheese a good food? *Ans.*—No. Ordinary cheese is in a state of partial decomposition. The only wholesome form of cheese is that which is freshly prepared by curdling milk, and straining off the whey.

2. Could you recommend an effective cure for obstruction of the nasal passages? *Ans.*—If the obstruction is of the nature of a growth, surgical treatment is necessary. Often the narrowing of the nostril is due to lack of use. When this is the case, deep nasal breathing or forced breathing through one nostril at a time, will dilate the air passage.

3. Is there any cure for varicocele apart from an operation? *Ans.*—Slight degrees of varicocele which cause no trouble require no treatment. Troublesome varicocele is best treated by operation. If done by a competent surgeon, there is no danger attached to such an operation.

4. Do you hold cocoa to be injurious? and does it contain any nourishment? *Ans.*—Yes; but not so injurious as tea or coffee. The cocoa-bean contains a considerable proportion of fat, but the drink contains practically no nourishment except for the milk and sugar which is usually added.

5. Is "Fatcure" injurious? *Ans.*—Yes.

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73. **Diet, and Dilated Stomach.**—J. E. V. G., Scone: 1. What diet is recommended in the case of dilated stomach of some years standing? *Ans.*—The diet recommended for the treatment of dilated stomach, is a dry diet consisting chiefly of dextrinised cereal foods which should be well masticated. Granose biscuits and flakes and similar preparations are suitable.

2. What is the price of some of your doctor's books? *Ans.*—A very good book on health for use by all the members of the family, is entitled "Ministry of Healing," and is to be highly recommended. While this book is not a "doctor book," yet it contains important fundamental facts which are of much greater importance than the information conveyed by some of the ordinary medical works. For further information concerning this book, see notice headed "Ministry of Healing."

74. **Nervousness, Indigestion, and Depression.**—A. A., Woonona: A sufferer from these troubles desires to know what should be done to relieve these disagreeable symptoms. *Ans.*—The nervousness and depression are the result of the indigestion. By treating the digestive disorder, they will, therefore, be relieved without special treatment. The chief thing in the treatment of indigestion is to choose simple, easily-digested foods. Do not overeat; masticate the food well; eat nothing between meals; discard tea and all other drinks at meals; and take only two meals a day.

75. **Partial Paralysis of Right Side.**—M. H. T., Beel(?). What is the best remedy and diet for partial paralysis of right arm and legs, complicated with constipation and flatulence, bladder and kidney troubles, loss of weight and strength? *Ans.*—Your case is one demanding a careful examination, and such a regulation of treatment, diet, and medical supervision as is not possible at home. You should spend from three to six months, or even longer, in a sanitarium. If this is not possible, give very careful attention to the regulation of diet, exercise, and habits generally, in harmony with the instruction given from month to month in GOOD HEALTH. Electricity and massage are indicated in your trouble, but these must be wisely prescribed and skillfully administered.

76. **Nut Butter.**—C. T. B., Meadows, South: (1) How is nut butter made? *Ans.*—Ordinary, commercial nut butter is prepared mostly from peanuts, which are boiled or steamed, then crushed in a nut-mill, which reduces them to a paste. For home use, nuts of any kind may be used by being crushed or mashed in a mortar with a pestle, or possibly in a bowl by means of a potato masher. Another way of using nuts for cooking, is to grate them in a rotary grater, such as may be procured at almost any ironmongers. The grated nuts may be mixed with zwieback or bread crumbs, and used in making nut roast, and in various other ways.

2. Can dessicated cocoanut be used in making nut butter where the fresh nuts are not available? If so, what is the process? *Ans.*—It is not possible to make nut butter from the dessicated cocoanut, as the oil is all expressed in the preparation

of this form of the cocoanut. The only kind of butter that can be prepared from the fresh cocoanut is by no means similar to the nut butter made by crushing nuts in the ordinary way. It is simply free cocoanut fat, which, in moderately warm weather, remains in oil.

77. **Worry and Depression.**—P. R. K., Marrickville: Please outline the day's programme for a student who can not sleep, is depressed, and unable to get through all his lessons. *Ans.*—Rise at 5 A.M., and spend a half-hour in vigorous exercise followed by cold friction bath. When well warmed study for a couple of hours. Take fifteen minutes' breathing spell, and then have breakfast. Take moderate exercise for an hour after breakfast, if possible, followed by the mental work of the day till within half an hour or so before dinner, when a little more exercise should be taken. A part of the afternoon should be devoted to out-door exercise, if possible. After a light tea, consisting chiefly of fruit, resume study for a couple of hours. Take breathing exercises from fifteen to twenty minutes before retiring at 10 P. M.

78. **Skin Eruptions.**—L. E. W., Sydney: What is a simple but effective cure for pimples and eruptions of the face? *Ans.*—The only cure is a healthy condition of the blood and skin, which it is only possible to obtain by careful observance of the laws of health in diet, bathing, exercise, and so forth.

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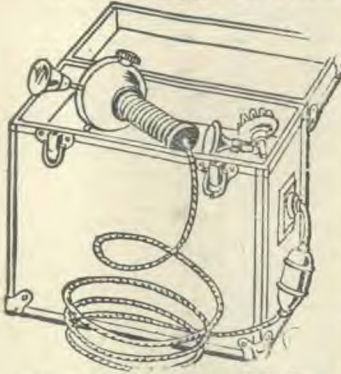
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186 Edward Street, Brisbane, Queensland.

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

Hydropathic Institute, Victoria Square, Adelaide, S. A.

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The Manager, Sydney Sanitarium, Wahroonga, N. S. Wales.